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Bhaiṣajyaratnāvalī

Of

Govinda Dasji Bhiṣagratna

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English Translated by

Dr. Kanjiv Lochan

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Dr.

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लेखक Misra, Bhisagoatna, ~~Govinda Dasji~~
शीर्षक Bhaisajyaratnavali

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67

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OF

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A Note on Transliteration

The system of pronunciation of Devanagri script is not very easy to learn through the Roman alphabet. The following list largely represents the method employed in this work:

अ	A	क	Ka	ढ	Ḍha/ḍha	य	Ya
आ	Ā/ ā	ख	Kha	ण	Ṇa/ṇa	र	Ra
इ	E	ग	Ga	त	Ta	ल	La
ई	ī / Ī	घ	Gha	थ	Tha	व	Va
उ	U	ङ	Ñga	द	Da	श	Śa/śa
ऊ	Ū / ū	च	Ca	थ	Dha	ष	Ṣa/ṣa
ऋ	Ṛi / ṛi	छ	Cha	न	Na	स	Sa
ए	E	ज	Ja	प	Pa	ह	Ha
ऐ	Ai	झ	Jha	फ	Pha	क्ष	Kṣa
ओ	O	ळ	ñ			त्र	Tra
औ	Au	ट	Ṭa/ṭa	ब	Ba	ज्ञ	Gya
अं	An	ठ	Ṭha/ṭha	भ	Bha		
अः	Ah	ड	Ḍa /ḍa	म	Ma		

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Weights and Measures

1 *Rattikā* or *Guñjā*	125 mg.	
8 *Rattis* or *Guñjā* s	1 *Māṣa*	1 g
12 *Māṣas*	1 *Karṣa* (*Tolā*)	12 g.
2 *Karṣas* (*Tolās*)	1 *Śukti*	24 g.
2 *Śukti* s	1 *Pala*	48 g.
(4 *Karṣas* or 4 *Tolās*)		
2 *Palas*	1 *Prasrti*	96 g./ml.
2 *Prasrtis*	1 *Kuḍava*	192 g./ml.
2 *Kudavas*	1 *Manikā*	384 g./ml.
2 *Manikas*	1 *Prastha*	750 g./ml
4 *Prasthas*	1 *Āḍhaka*	3 kg./litres
4 *Āḍhakas*	1 *Droṇa*	12.50 kg./litres
2 *Droṇa* s	1 *Śūrpa*	25 kg./litres
2 *Śūrpas*	1 *Droṇi*(*Vāhi*)	50 kg./litres
4 *Droṇis*	1 *Khāri*	200 kg./litres
1 *Pala*		48 gm./ml.
1 *Tulā*	5 kg./litres	
20 *Tulās*	1 *Bhāra*	100 kg./litres

In the case of liquids, the metric equivalents would be the corresponding litre and milliliter.

Linear Measures

Classical Unit	***Inches***	***Metric Equivalents***
Yavodara	1/8 of ¾"	0.24 cm.
Angula	¾"	1.95 cm.
Bitahasti	9"	22.86 cm.
Aratani	10 ½"	41.91 cm.
Nṛpahasta (Rājahasta)	22"	55.88 cm.
Vyam	72"	182.88 cm.

Measurement of Time

2 Kṣaṇa	1 Lava	
2 Lavas	1 Nimeṣa	
3 Nimeṣas	1 Kāstha	4.66 Seconds
1 Ghaṭī		24 Minutes
30 Kāṣṭhas	1 Kalā	2 Minutes 20 Seconds
20 Kalā + 3 Kāṣṭhas	1 Muhūrta	48 Minutes
1 Prahara		3 hours.
30 Muhūrtas	1 Ahorātra	24 Hrs.
15 Ahorātras	1 Pakṣa	15 Days
2 Pakṣas	1 Māsa	30 Days / One Month
2 Māsa	1 Ṛitu	60 Days / Two Months
3 Ṛitus	1 Ayana	6 Months
2 Ayanas	1 Samvatsara	12 Months / One Year
5 Samvatsara	1 Yuga	5 Years
1 Ahorātra of Devas		1 Year
1 Ahorātra of Pitarasa		1 Month

(The chart has generally followed the definitions suggested by Dr. K. Ramachandra Reddy)

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॥ श्रीः ॥

भिषग्वर श्रीगोविन्ददाससंगृहीता

भैषज्यरत्नावली

विमर्श–टिप्पनीसहित–'विद्योतिनी' भाषाटीकोपेता

॥ Śrī ॥

Bhaiṣajyaratnāvalī

॥ *Authored by Great Physician Śrī Govind Das* ॥

॥ ***Text and Translation with Commentary*** ॥

अथ भगन्दरचिकित्साप्रकरणम् ५१

Chapter 51
Bhagandara

गुदस्य श्वयथुं दृष्ट्वा विशोष्य शोधयेत्ततः । रक्तावसेचनं कार्यं यथा पाकं न गच्छति ॥१॥

1. The painful abscess in the sides of the anus extending over one inch (perineum), when ruptured, is called *bhagandara* (fistula-in-ano). The physician should, after diagonising the ailment, advise the patient to fast and to take *śodhana* therapy. It could be followed by blood letting. Such measures should continue till the *bhagandara* gets ripened.

(Cakradatt)

भगन्दरपिडकायां लेपः–

वटपत्रेष्टकाशुण्ठीगडूच्यः सपुनर्नवाः । सुपिष्टाः पिडकावस्थे लेपः शस्तो भगन्दरे ॥२॥

2. Recipe for External Application: Leaves of *vaṭa*, *iṣṭaka* (brick), *śunṭhī*, *guḍūcī* and *punarnavā* should be made to fine *kalka*. External application of this *kalka* if useful in curing *bhagandara* (fistula-in-ano).

(Cakradatt)

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स्नुह्यादिवर्त्तिः–

स्नुह्यर्कदुग्धदार्वीभिर्वर्त्तिं कृत्वा विचक्षणः । भगन्दरगतिं ज्ञात्वा पूरयेत्तां प्रयत्नतः ।।
एषा सर्वशरीरस्थां नाडीं हन्यान्न संशयः ।।३।।

3. Recipe for *Varttī*: An expert physician should prepare a *varttī* of the milky-latex of *snuhī* and *arka*, and *dāru haridrā*, and carefully insert it into the anal fistula after ascertaining the direction of the tract. This cures *nāḍi* (sinus) located in any part of the body and there is no doubt about it.

(Cakradatt)

तिलादिलेपो निशादिलेपश्च–

तिलाभयालोध्रमरिष्टपत्रं निशे वचालोध्रमगारधूमम् ।
भगन्दरे नाड्युपदंशयोश्च दुष्टव्रणे शोधनरोपणोऽयम् ।।४।।

4. Obtain equal parts of sesame seeds, *abhaya*, *lodhra* and leaves of *nimba* or take *haridrā*, *dāru haridrā*, *vacā*, *lodhra* and *āgāra dhūma* (kitchen smoke) and compound them together into a *kalka*. This medication is useful in the treatment of *bhagandara* (anal fistula), *nāḍi* (sinus), *upadamśa* (syphilis) and putrid ulcers. It both, cleanses and heals the ulcers.

(Cakradatt)

विडालास्थिप्रलेपः–

त्रिफलारससम्पिष्टविडालास्थिप्रलेपनात् । भगन्दरं निहन्त्याशु दुष्टव्रणहरं परम् ।।५।।

5. Prepare a *kalka* of the bone of cat along with decoction of *triphalā*. Application of this *kalka* cures *bhagandara* (anal fistula) and *duṣṭa vraṇa* (putrid ulcer) quickly.

(Cakradatt)

त्रिफलाक्वाथप्रक्षालनम्–

भगन्दरं प्रत्यहन्तु सुधौतं त्रिफलाऽम्बुना ।।६।।

6. Daily washing the *vraṇa* of *bhagandara* with decoction of *triphalā* would give immediate relief.

(Cakradatt)

भूनागादिलेपाः–

खरास्त्रपक्वभूनागचूर्णलेपो भगन्दरम् । हन्ति दन्त्यग्न्यतिविषालेपस्तद्वच्छुनोऽस्थि वा ।।७।।

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7. *Bhūnāgādi Lepa:*

A snake should be killed, dried, made to a powder and boiled by adding the blood of ass. Optionally, prepare a *kalka* of *dantī* (roots), *citraka* (roots) and *ativiṣā* taken in equal parts along with decoction of *tṛiphalā*. Alternatively again one can prepare *kalka* of dog bones along with decoction of *tṛiphalā*. Application of all these three *kalka*s cures *bhagandra* (anal fistula).

(Cakradatt)

कुष्ठादिलेपः शोधनार्थम् (च. द.)–

कुष्ठं त्रिवृत्तिला दन्ती मागधी सैन्धवं मधु । रजनी त्रिफला तुत्थं हितं व्रणविशोधनम् ।।८।।

8. *Kuṣṭhādi Lepa:*

Ingredients: *Kuṣṭha*, *tṛivṛit*, *tila*, *dantī*, *māgadhī*, rock-salt, *madhu* (honey), *rajanī*, *harītakī*, *vibhītakī*, *āmalakī* and *tuttha*.

Process of Drug-Making: Prepare *kalka* out of *kuṣṭha*, *tṛivṛit*, *tila*, *dantī*, *māgadhī*, rock-salt, *madhu* (honey), *rajanī*, *harītakī*, *vibhītakī*, *āmalakī* and *tuttha*.

Therapeutic benefits: It is a useful recipe for cleansing the ulcer.

(Cakradatt)

रसाञ्जनादियोगः (च. द.)–

रसाञ्जनं हरिद्रे द्वे मञ्जिष्ठा निम्बपल्लवाः । त्रिवृत्तेजोवतीदन्तीकल्को नाडीव्रणापहः ।।९।।

9. *Rasāñjanādi Yoga:*

Ingredients: *Rasāñjana*, *haridrā*, *dāruharidrā*, *manjiṣṭhā*, leaves of *nimba*, *tṛivṛit*, *tejovatī* and *dantī*.

Process of Drug-Making: Get *kalka of rasāñjana*, *haridrā*, *dāruharidrā*, *manjiṣṭhā*, leaves of *nimba*, *tṛivṛit*, *tejovatī* and *dantī*.

Method of use/Administration: Use this recipe through external application.

Therapeutic benefits: It cures *nāḍi vraṇa* (sinus).

(Cakradatt)

तिलादिलेपो भगन्दरशोधने (भा. प्र.)–

तिला ज्योतिष्मती कुष्ठं लाङ्गली गिरिकर्णिका । शताह्वात्रिवृतादन्त्यः शोधनाय भगन्दरे ।।१०।।

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10. Tilādi Lepa:

Ingredients: Black sesame, *jyotiṣmatī*, *kuṣṭha*, root of *lāṅgalī*, white *aparājitā*, aniseeds, root of *tṛivṛit*, root of *dantī*, decoction of *tṛiphalā* or water.

Process of Drug-Making: Take equal parts of black sesame, *jyotiṣmatī*, *kuṣṭha*, root of *lāṅgalī*, white *aparājitā*, aniseeds, root of *tṛivṛit* and root of *dantī*. Powder these materials and churn them along with decoction of *tṛiphalā* or water.

Method of use/Administration: Apply it externally on affected parts.

Therapeutic benefits: Apply this *kalka* on *bhagandara* affected part to get immediate relief.

(*Bhāvaprakāśa*)

जातीपत्रादिलेपः (भा. प्र.)–

सुमना वटपत्राणि गुडूची विश्वभेषजम् । ससैन्धवस्तक्रपिष्टो लेपो हन्ति भगन्दरम् ।।११।।

11.Jātīpatrādi Lepa:

Ingredients: Leaves of jasmine, soft leaves of *vaṭa*, *guḍūcī*, dried ginger, rock salt and buttermilk.

Process of Drug-Making: Take equal parts of the leaves of jasmine, soft leaves of *vaṭa*, *guḍūcī*, dried ginger and rock salt. Churn all these materials along with buttermilk and prepare a *kalka* out of them.

Therapeutic benefits: Apply this *kalka* on *bhagandara* affected part to get immediate relief.

(*Bhāvaprakāśa*)

जम्बूकमांसोपयोगः (यो. र.)–

जम्बूकस्यामिषं भुक्त्वा प्रकारैर्व्यञ्जनादिभिः । अजीर्णवर्जी मासेन मुच्यते च भगन्दरात् ।।१२।।

12. The patient should take the flesh of *jambūka* along with different types of dishes (*vyañjanas*). Administration of this continuously for one month cures indigestion and *bhagandara* (anal fistula).

(*Yoga Ratnākar*)

खादिरादिक्वाथः (ब. से.)–

खादिराम्बुरतो भूत्वा कषायं त्रैफलं पिबेत् । महिषाक्षविडङ्गानां भगन्दरविनाशनम् ।।१३।।

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13. Khādi rādi Kvātha:

Ingredients: *Haraḍa, vibhītaka, āmalakī, maḥiṣākṣa, guggulu* and *vāyaviḍanga.*

Process of Drug-Making: Methodologically prepare decoction of *haraḍa, vibhītaka, āmalakī, mahiṣākṣa guggulu* and *vāyaviḍanga.*

(Raise 50 gm. of their coarsely powdered mix and decoct it in water measuring 400 ml. till it is reduced to one fourth.)

Method of use/Administration: Drink this decoction. If one feels thirsty, he should drink decoction of *khadira* in instead of water.

Therapeutic benefits: This would help in alleviating the problem of *bhagandara.*

(Vangasen)

खदिरादिक्वाथो द्वितीयः (शा. सं.)–

खदिरत्रिफलाक्वाथो महिषीघृतसंयुतः । विडङ्गचूर्णैश्च युक्तो भगन्दरविनाशनः ।।१४।।

14. Khadirādi Kvātha (Second Recipe):

Ingredients: Bark of *khadira, haraḍa, vibhītaka, āmalakī,* water, *ghṛitam* and *vāyaviḍanga.*

Process of Drug-Making: Get equal parts of bark of *khadira, haraḍa, vibhītaka* and *āmalakī.* Combine these materials and obtain 50 gm. of this mixture and cook it along with water measuring 400 ml. Cook the preparation till the original quantity is reduced to one fourth. Add 3 gm. measure of *ghṛitam* and 2 gm. powder of *vāyaviḍanga* to the preparation.

Therapeutic benefits: Consume this medicine daily to get relief from *bhagandara.*

(*Śārangdhar Samhitā*)

नारायणो रसः–

दरदं पार्वती पुष्पं कुनटी पुरुषो रसः । शोणितं गन्धको दैत्यः सैन्धवातिविषा चवी ।।१५।।
शरपुङ्खा विडङ्गश्च यमानी गजपिप्पली । मरिचार्कौ च वरुणो धूनकञ्च हरीतकी ।।१६।।
संमर्द्य कटुतैलेन गुडिकां कारयेद्भिषक् । नाडीव्रणं प्रदुष्टञ्च गण्डमालां विचर्चिकाम् ।।१७।।
चिरदुष्टव्रणं दद्रु पूतिकर्णं शिरोगदम् । हस्तपादपरिस्फोटं दुःसाध्यञ्च भगन्दरम् ।।
एतान रोगान्निहन्त्याशु प्रभिन्नमिव केशरी ।।१८।।

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15-18.Nārāyaṇa Rasa:

Ingredients: Purified *hiñgula*, purified alum (*pārvatī*) obtained from mine, flowers (*rasāñjana*), *kunaṭī* (purified *manahśilā*), *puruśa* (purified *guggulu*), *rasa* (purified *pārada*), *śonita* (*tāmra bhasma*), purified *gandhaka*, *lauha bhasma* (*daitya*), rock salt, *ativiṣa*, *cavya*, *śarphunkha*, *vāyaviḍanga*, caraway seeds, *gajapippalī*, black pepper, bark of *arka's* root, bark of *varuṇa*, *sarja rasa*, *haraḍa* and mustard oil.

Process of Drug-Making: Get equal parts of the following: purified *hiñgula*, purified alum (*parvati*) obtained from mine, flowers (*rasāñjana*), *kunaṭī* (purified *manahśilā*), *puruśa* (purified *guggulu*), *rasa* (purified *pārada*), *śonita* (*tāmra bhasma*), purified *gandhaka*, *lauha bhasma* (*daitya*), rock salt, *ativiṣa*, *cavya*, *śarphunkha*, *vāyaviḍanga*, caraway seeds, *gajapippalī*, black pepper, bark of *arka's* root, bark of *varuṇa*, *sarja rasa* and *haraḍa*.

First of all prepare *kajjalī* out of *pārada* and *gandhaka* and mix rest of the materials in powdered form. Combine them all and triturate the mix along with mustard oil. Prepare pills in measurement of 250 mg. each, dry and preserve them in glass bottles. This medicine is known as *Nārāyaṇa Rasa*.

Method of use/Administration: It should be taken in doses of one *vaṭī* daily during morning and evening hours with warm water. Regular consumption for few days would yield effective relief from *bhagandara* problem.

Therapeutic benefits: This medicine is as effective as the lion in killing an elephant. This medicine can check indispositions like *nāḍivraṇa*, pus flowing from *nāḍivraṇa*, *gaṇḍamāla*, *vicarcikā*, chronic and bad *vraṇa*, *dadru*, *karṇapūya*, *śiroroga*, cracks at hands and feet (*vipādi ka*), difficult *bhagandara* and the like.

चित्रविमाण्डको रसः–

शुद्धसूतं द्विधा गन्धं कुमारीरसमर्दितम् । त्र्यहान्ते गोलकं कृत्वा ताम्रं तेन प्रलेपयेत् ।।१९।।
द्वयोः समंभस्मपूर्णभाण्डेरुद्ध्वाविपाचयेत् । द्वियामान्ते समुद्धृत्य स्वाङ्गशीतं विचूर्णयेत् ।।२०।।
जम्बीरस्यद्रवैःपिष्ट्वारुद्ध्वासप्तपुटे पचेत् । गुञ्जैकं मधुनाऽऽज्येन लिह्याद्धन्ति भगन्दरम् ।।२१।।
मुषलीं लशुनं चानु चारनालयुतं पिबेत् । कर्त्तव्यो मधुराहारो दिवास्वप्नञ्च मैथुनम् ।।२२।।
वर्जयेच्छीतलाहारं रसे चित्रविभाण्डके ।।२३।।

19-23.Citravimāṇḍaka Rasa:

Ingredients: Purified mercury, purified sulphur, juice of *kumārī* and lemon juice.

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Process of Drug-Making: Obtain purified mercury (100 gm.) and purified sulphur (200 gm.) and prepare a *kajjalī* out of them. Churn the preparation along with juice of *kumārī* (as per requirement) for three consecutive days. Finally prepare a lump out of it. Obtain 300 gm. measure of copper foils and coat the lump with these. Place the preparation inside an earthen vessel (*śarāva saṁpuṭa*). Fill up the remaining space of the earthen vessel with ash. Place the earthen vessel over the oven and heat the preparation for one day. After it cools down, take out the preparation and triturate it by adding lemon juice. Repeat the process for seven consecutive terms.

Method of use/Administration: Intake of 125 mg. of this recipe daily with honey (6 gm.) and *ghṛitam* (10 gm.) cures serious type of *bhagandara* (fistula-in-ano). After taking this medicine, the patient should take the *kalka* of *tālamūlī* (2 gm.) and *lasuna* (1 gm.) along with *kānjika* (50 ml.). The fistula should be washed with the decoction with *kānjika*. The patient should eat food having sweet taste and he should avoid cold things. He should not sleep during the day time and avoid sexual intercourse.

Therapeutic benefits: It cures *bhagandara*.

भगन्दरहरो रसः (र. सा. सं.)–

सूतस्य द्विगुणेन शुद्धबलिना कन्यापयोभिस्त्र्यहं–शुद्धं ताम्रमयः समस्ततुलितं पात्रं निधायोपार ।
स्वेद्यंयामयुगंचभस्मपिठरेनिम्बूजलैःसप्तधापाकं तत्पुटयेद्भगन्दरहरो गुञ्जोन्मितः स्यादिति ।।२४।।

24.Bhagandarahara Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, juice of *ghṛitakumārī*, *tāmra bhasma* and *lauha bhasma* and juice of lemon.

Process of Drug-Making: Prepare *kajjalī* out of purified *pārada* (100 gm.) and purified *gandhaka* (200 gm.). Triturate this *kajjalī* along with juice of *ghṛitakumārī* for three days. Simultaneously mix *tāmra bhasma* and *lauha bhasma* (300 gm. each) to the recipe and triturate it. Put the compound in a *saṁpuṭa* and place it in the middle of a pitcher. Heat up the same for six hours. Subsequently, when the same cools down, take out the compound and triturate it along with juice of lemon and again process the same through the *puṭa* method. Repeat this process for seven times. After completing the process, prepare pills measuring 125 mg. each.

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Therapeutic benefits: Consume this medicine daily to get relief from *bhagandara* disease.

(*Rasendra Sār Sangraha*)

ताम्रप्रयोगः–

ताम्रपत्रं रविक्षीरे निर्गुण्डीस्वरसे तथा । त्रिकण्टजे रसे स्नुह्यास्ताम्रं दग्ध्वा क्षिपेत्त्रिधा ।।२५।।
रसास्यार्द्धपलं शुद्धं गन्धकस्य पलं तथा । कज्जल्यर्द्धेन जम्बीरप्लुतेन ताम्रतः पलम् ।।२६।।
परिलिप्यान्धमूषायां दद्यात्पञ्चपुटांल्लघून् । संमर्द्य मधुसर्पिर्भ्यां ततो रक्तिमितं लिहेद् ।
भगन्दरे सर्वभवे कार्यं सर्वव्रणेषु च ।।२७।।

25-27. Burn purified *tāmra patra* (50 gm.) and lit them off by dipping the same in the latex of *arka* (200 gm.). Repeat this process for three times. Subsequently, repeat the same process with juice (200 ml.) of *nirgundī* leaves. Similarly repeat the process with decoction of *gokṣura* (200 ml.) and juice of *snuhī* leaves (or decoction of root and latex of *snuhī*) (200 ml.). The processes should be conducted separately with each item.

Prepare *kajjalī* out of purified *pārada* (25 gm.) and purified *gandhaka* (50 gm.). Triturate this *kajjalī* with juice of *jambīra* lemon (100 ml.). Paste this compound on the purified *tāmra* foils and dry the same. Seal it in an *andhamūṣā* and process the same through *laghu puṭa*. Repeat this process for five consecutive times. Finally, triturate the compound and prepare a fine powder out of it. Preserve the powder in a glass bottle. Consume this medicine in doses of 125 mg. along with honey and *ghṛitam*. This would effectively alleviate *bhagandara* and all types of *vraṇas*.

नवकार्षिको गुग्गुलुः–

त्रिफलापुरकृष्णानां त्रिपञ्चैकांशयोजिता । गुढिका शोथगुल्मार्शोभगन्दरवतां हिता ।।२८।।

28. Navakārṣika Guggulu:

Ingredients: *Haraḍa*, *vibhītaka*, *āmalakī*, purified *guggulu*, *pippalī* and *ghṛitam*.

Process of Drug-Making: Obtain 12 gm. each of *haraḍa*, *vibhītaka* and *āmalakī*, 60 gm. of purified *guggulu* and 12 gm. of *pippalī*. Churn all these materials and triturate them with *ghṛitam*. Prepare pills in measurement of 1-2 gm. each. Dry and preserve them in glass bottles.

Method of use/Administration: Daily consume one pill during morning and evening hours.

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Therapeutic benefits: This medicine is known as *Navakārṣika Guggulu* and is very effective in alleviating *śotha*, *gulma*, piles and *bhagandara*.

सप्तविंशतिको गुग्गुलुः–

त्रिकटुत्रिफलामुस्तविडङ्गामृतचित्रकम् । शट्येला पिप्पलीमूलं हवुषा सुरदारु च ।।२९।।
तुम्बुरु पुष्करं चव्यं विशाखा रजनीद्वयम् । विडसौवर्चल क्षारौ सैन्धवं गजपिप्पली ।।३०।।
यावन्त्येतानि चूर्णानि तावद्द्विगुणगुग्गुलुः । कोलप्रमाणां गुडिकां भक्षयेन्मधुना सह ।।३१।।
कासं श्वासं तथा शोथमर्शांसि च भगन्दरम् । हृच्छूलं पार्श्वशूलञ्च कुक्षिबस्तिगुदे रुजम् ।।३२।।
अश्मरीं मूत्रकृच्छ्रञ्च अन्त्रवृद्धि तथा क्रिमीन् । चिरज्वरोपसृष्टानां क्षयोपहतचेतसाम् ।।३३।।
आनाहञ्च तथोन्मादं कुष्ठानि चोदराणि च । नाडीदुष्टव्रणान् सर्वान् प्रमेहं श्लीपदं तथा ।।३४।।
सप्तविंशतिको हन्ति सर्वरोगनिषूदनः ।।३५।।

29-35.Saptavimśatīka Guggulu:

Ingredients: *Śuṇṭhī*, *pippalī*, *marica*, *harītakī*, *vibhītakī*, *āmalakī*, *mustā*, *viḍanga*, *amṛitā*, *citraka*, *śaṭī*, *elā*, *pippalīmūla*, *havuṣā*, *suradāru*, *tumburu*, *puṣkaramūla*, *dāru haridrā*, *viḍa*, *suvarcala*, *kṣāra*, rock salt, *gajapippalī*, purified *guggulu* and *ghṛitam*.

Process of Drug-Making: Get 20 gm. each of *śuṇṭhī*, *pippalī*, *marica*, *harītakī*, *vibhītakī*, *āmalakī*, *mustā*, *viḍanga*, *amṛitā*, *citraka*, *śaṭī*, *elā*, *pippalīmūla*, *havuṣā*, *suradāru*, *tumburu*, *puṣkaramūla*, *dāru haridrā*, *viḍa*, *sauvarcala*, *kṣāra*, rock salt and *gajapippalī*. Also take 1080 gm. of purified *guggulu*. Compound them together and churn the preparation along with *ghṛitam* for one whole day. Out of this preparation prepare pills measuring 6 gm. each.

Method of use/Administration: Use this medicine with honey.

Therapeutic benefits: It cures *kāsa* (coughs), asthma, consumption, piles, *bhagandara* (anal fistula), pain in cardiac region, pain in cases of pleurisy, pain in the regions of pelvis, urinary bladder and anus, stone in the urinary tract, dysuria, *āntra vṛiddhi* (inguinal hernia), *kṛimi* (parasitic infestation), chronic fever, phthisis, *ānāha* (constipation), *unmāda* (insanity), *kuṣṭha* (skin diseases including leprosy), *udara* (abdominal diseases including ascites), *nāḍi vraṇa* (sinus), *duṣṭa vraṇa* (putrid ulcer), *prameha* (obstinate urinary disorders including diabetes) and *ślīpada* (filariasis). This is called *Sapatavimsatikā* (containing 27 ingredients), and it is useful in curing all diseases.

(Cakradatt)

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विष्यन्दनतैलम्–

चित्रकार्कौ त्रिवृत्पाठे मलयूहयमारकौ । सुधां वचां लाङ्गलिकीं हरितालं सुवर्चिकाम् ।।३६।।
ज्योतिष्मतीञ्च संहत्य तैलं धीरो विपाचयेत् । एतद्विष्यन्दनं नाम तैलं दद्याद्भगन्दरे ।।३७।।
शोधनं रोपणं चैव सवर्णकरणं परम् ।।३८।।

36-38.Viṣyandana Tailam:

Ingredients: *Citraka*, *arka*, *tṛivṛit*, *pāṭhā*, *malayū*, *hayamāraka*, *sudhā*, *vacā*, *lāngalika*, *haritāla*, *suvarcika*, *jyotiṣmatī*, *mūrcchita* sesame oil and water.

Process of Drug-Making: Take equal parts (i.e. 20 gm. each) of *citraka*, *arka*, *tṛivṛit*, *pāṭhā*, *malayū*, *hayamāraka*, *sudhā*, *vacā*, *lāngalika*, *haritāla*, *suvarcikā* and *jyotiṣmatī*. Compound them together into a *kalka*. Cook this *kalka* along with *mūrcchita* sesame oil measuring 1 litre and water measuring 4 litre. This *Viṣyandana Tailam* should be administered in *bhagandara* (anal fistula).

Therapeutic benefits: It is an excellent recipe for cleaning and healing the ulcer. It restores the natural colour of the skin disordered due to the ulcer. It cures *bhagandara* (anal fistula).

(*Su. Ci.* 9)

करवीराद्यं तैलम्–

करवीरनिशादन्तीलाङ्गलीलवणाग्निभिः । मातुलुङ्गार्कवत्साह्वैः पचेत्तैलं भगन्दरे ।।३९।।

39.Karavīrādya Tailam:

Ingredients: *Karavīra* (roots), *niśā*, *dantī* (roots), *lāngalī* (roots), *lavaṇa* (rock-salt), *citraka*, *mātulunga* (root), *arka* (root), *vatsāhva*, *mūrcchita* sesame oil and water.

Process of Drug-Making: Take 28 gm. measure of the following: *karavīra* (roots), *niśā*, *dantī* (roots), *lāngalī* (roots), *lavaṇa* (rock-salt), *citraka*, *mātulunga* (root), *arka* (root) and *vatsāhva* and compound them into a *kalka*. Take this *kalka* and cook it along with *mūrcchita* sesame oil measuring 1 litre and water measuring 4 litre on a slow heat.

Therapeutic benefits: This medicated oil is useful in the treatment of *bhagandara* (fistula-in-ano).

(Cakradatt)

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निशाद्यं तैलम्–

निशाऽर्कक्षीरसिन्ध्वग्निपुराश्वहनवत्सकैः । सिद्धमभ्यञ्जने तैलं भगन्दरविनाशनम् ।।४०।।

40. *Niśādya Tailam:*

Ingredients: *Niśā*, *arka* (root bark or its latex), rock salt, *agni* (*bhallātaka)*, *purā* (*guggulu*), *vahni* (*citraka*), *vatska*, *mūrcchita* sesame oil and water.

Process of Drug-Making: Take equal parts (i.e. 35 gm. each) of *niśā*, *arka* (root bark or its latex), rock salt, *agni* (*bhallātaka)*, *purā* (*guggulu*), *vahni* (*citraka*) and *vatska*. Compound their mix into a *kalka*. Take this *kalka* and cook it along with *mūrcchita* sesame oil measuring 1 litre and water measuring 4 litre on a slow heat.

Therapeutic benefits: This medicated oil is useful in curing *bhagandara* (fistula-in-ano).

(Cakradatt)

सैन्धवाद्यं तैलम्–

सैन्धवं चित्रकं दन्ती पलाशश्चेन्द्रवारुणी । गोमूत्रेऽष्टगुणे पक्त्वा ग्राह्यमष्टावशेषितम् ।।४१।।
क्वाथपादं पचेत्तैलं कल्कः कृष्णायसं मृतम् । पचेत्तैलावशेषं च तेन लेप्यं भगन्दरम् ।।
असाध्यं साधत्याशु पक्वं क्रिमिकुलान्वितम् ।।४२।।

41-42. *Saindhavādya Tailam:*

Ingredients: Rock salt, bark of *citraka*, root of *dantī*, seeds of *palāśa*, root of *indrayava*, cow urine, *mūrcchita* sesame oil and *kalka* of *lauha bhasma*.

Process of Drug-Making: Take equal parts (i.e. 800 gm. each) of rock salt, bark of *citraka*, root of *dantī*, seeds of *palāśa* and root of *indrayava*. Decoct their mix along with cow urine measuring 32 litre. Decoct the same till the original quantity is reduced to one eighth. Sieve the preparation. Mix *mūrcchita* sesame oil (1 litre) and *kalka* of *lauha bhasma* (250 gm.). Methodologically cook all these materials together and obtain the medicinal oil.

Therapeutic benefits: Application of this oil can cure even difficult *bhagandara* problems and various worm indispositions.

भगन्दरे पथ्यानि–

आमे संशोधनं लेपो लङ्घनं रक्तमोक्षणम् । पक्वे पुनः शस्त्रविधिस्तथा क्षाराग्निकर्म च ।।४३।।
सर्वेऽपि शालयो मुद्गा विलेपी जाङ्गलो रसः । पटोलं शिग्रुवेत्राग्रं पत्तूरो बालमूलकम् ।।४४।।
तिलसर्षपयोस्तैलं तिक्तवर्गो घृतं मधु । एतत्पथ्यं यथादोषं नरैः सेव्यं भगन्दरे ।।४५।।

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43-45. The following measures and products are recommended for patients suffering from *bhagandara*: *sanśodhan*, *lepa*, *langhaṇa* (fasting), *rakta mokṣana* and *śastrakṛiyā*, *kṣāra* therapy, proper cauterization. And *śāli* types of rice, *mudga*, *vilepī*, meat of wild animals, *paṭola*, *śobhāñjana*, soft leaves of *veta*, leaves of *śāli nca* and young radish, sesame and mustard oils, all products of *tikta varga*, *ghṛitam* and honey.

(*Yoga Ratnākar*)

भगन्दरेऽपथ्यानि–

विरुद्धान्यन्नपनानि विषमाशनमातपम् । व्यायामं मैथुनं युद्धं पृष्ठयानं गुरूणि च ।।४६।।
संवत्सरं परिहरेदपि रूढव्रणो नरः ।।४७।।

46-47. The following measures and products are considered as harmful and as such are prohibited for the patients of *bhagandara* even if the problem gets healed up: incompatible foods, irregulated meals, spending time under sun, exercising, enjoying sexual intercourse, fighting, riding elephant, horse and camel and products that are heavy to digest.

(*Su. Ci. 9*)

इति भैषज्यरत्नावल्यां भगन्दरचिकित्साप्रकरणम् ।।५१।।
इति भैषज्यरत्नावल्यां 'विद्योतिनी' नामिकायां भाषाटीकायांभगन्दरचिकित्साप्रकरणम् ।।५१।।

End of the Chapter 51 of Bhaiṣajya Ratnāvalī with Commentary

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अथोपदंशरोगचिकित्साप्रकरणम् ५२

Chapter 52
Treatment of *Upadamśa* (Chancre)

तत्रोपदंशस्य सामान्यक्रमः–

स्निग्धस्विन्नशरीरस्य ध्वजमध्ये शिराव्यधः । जलौकःपातनं वा स्यादूर्ध्वाधःशोधनं तथा ।।१।।

दोषनिर्हरणफलम्–

सद्यो निर्जितदोषस्य रुक्शोथावुपशाम्यतः । पाको रक्ष्यः प्रयत्नेन शिश्नक्षयकरो हि सः ।।२।।

1-2. The patient suffering from *upadamśa* (venereal disease) should first of all be given *snehana* (oleation) and *svedana* (fomentation) therapies. Thereafter, venesection (*śira vyadha*) should be carried out at the center of the pudendum. In the same location, leeches could also be applied (*jālauka pātana*) and the patient should be administered the *vamana* (emetic) and *virecana* (purgation) therapies. All efforts should be made to prevent suppuration of the pudendum because suppuration causes destruction of the organ.

(Cakradatt)

लेपसेकादयो वातिकोपदंशे (भा. प्र.)–

प्रपौण्डरीकयष्ट्याह्वसरलागुरुदारुभिः । सरास्नाकुष्ठपृथ्वीकैर्वातिके लेपसेचने ।।३।।

3. Recipes for External Use: *Prapaunḍarīka*, *madhuka*, *sarala*, *aguru*, *devadāru*, *rāsnā*, *kuṣṭha* and *pṛithvī* should be used in the form of ointment and for sprinkling over the ulcers. This is useful in the treatment of *vātika upadamśa*.

(*Bhāvaprakāśa*)

निचुलैरण्डबीजानि यवगोधूमशक्तवः । एतैश्च वातजं स्निग्धैः सुखोष्णैः संप्रलेपयेत् ।।४।।

4. Take seeds of *neem* and *eraṇḍa* along with *śaktu* of barley and wheat. Compound these materials and treat the compound with oil. Apply this medication as ointment (*pralepa*) in lukewarm condition. It cures *vātika upadamśa*.

(*Su. Ci. 19*)

गैरिकादिप्रलेपौ पैत्तिकोपदंशे (भा. प्र.)–

गैरिकाञ्जनमञ्जिष्ठामधुकोशीरपद्मकैः । सचन्दनोत्पलैः स्निग्धैः पैत्तिकं सम्प्रलेपयेत् ।।५।।

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5. *Gairika*, *añjana*, *manjiṣṭhā*, *madhuka*, *uśīra*, *padmaka*, *candana* and *utpala* should be made to a *kalka*. To this, fat (*ghṛitam*, oil, etc.) should be added and applied over *paittika* type of *upadamśa*.

(*Bhāvaprakāśa*)

पद्मोत्पलमृणालैश्च ससर्जार्जुनवेतसैः । सर्पिःस्निग्धैः समधुकैः पैत्तिकं सम्प्रलेपयेत् ।।६।।

6. Pulverize *padma*, *nīlakamala*, *mṛiṇāla*, *sarja rasa*, bark of *arjuna*, *vetasa* and *madhuyaṣṭī*. Treat their mix with *ghṛitam* and apply it as an ointment on *pitta* generated *upadamśa vraṇa*.

(*Su. Ci.*)

त्रिफलादिकषायादिप्रयोगौ व्रणप्रक्षालनार्थम्–

त्रिफलायाः कषायेण भृङ्गराजरसेन वा । व्रणप्रक्षालनं कुर्यादुपदंशप्रशान्तये ।।७।।

7. For the relief from *upadamśa*, ulcers should be washed with the decoction of *tṛiphalā* or the juice of *bhṛingarāja*.

(Cakradatt)

त्रिफलाभस्मादिलेपाः–

दहेत्कटाहे त्रिफलां समांशां मधुसंयुताम् । उपदंशे प्रलेपोऽयं सद्यो रोपयति व्रणम् ।।८।।

8.Tṛiphalābhasmādi Lepa:

For the relief from *upadamśa*, ash of *tṛiphalā* mixed with honey should be applied over the ulcers of *upadamśa*. By this, ulcers get instantaneously healed.

(Cakradatt)

रसाञ्जनं शिरीषेण पथ्यया वा समन्वितम् । सक्षौद्रं वा प्रलेपोऽयं सर्वलिङ्गगदापहः ।।९।।

9. Take *rasāñjana* along with either *śirīṣa* or *harītakī* and mix them with honey. It should be applied externally. It cures the diseases of the male generative organ.

(Cakradatt)

त्रयोऽवचूर्णनयोगाः–

बब्बोलदलचूर्णेन दाडिमत्वग्भवेन वा । लेपनं त्रस्थिचूर्णेन उपदंशहरं परम् ।।१०।।

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10. Take powder of dried leaves of *babbūla* or powder of barks of pomegranate plant or take powder of the human skeleton bone. Dusting with these powders is an excellent cure of *upadamśa*.

(Cakradatt)

पूगलादिलेपादयः–

लेपः पूगफलेनाश्वमारमूलेन वा तथा । सेवेन्नित्यं यवान्नञ्च पानीयं कौपमेव च ।।११।।

11. Pūgalādi Lepa:

Similarly, application of the *kalka* of *pūga* or *aśvamāra* roots cures *upadamśa*. The patient should regularly take barley-breads and drink water from wells.

(Cakradatt)

जयाजात्यश्वमारार्कशम्पाकानां दलैः पृथक् । कृतं प्रक्षालने क्वाथं मेढ्रपाके प्रयोजयेत् ।।१२।।

12. The decoction of the leaves of either *jayā*, *jātī*, *aśvamara*, *arka* or *śampāka* should be used for washing the suppurated pudendum.

(Cakradatt)

विषतिन्दुकादिलेपः–

विषतिन्दुं लौहपात्रे मलाक्ते निम्बुकद्रवैः । घर्षेत्कृष्णसुधामूलं प्रत्येकं माक्षिकं दृढम् ।।१३।।
तुत्थं तदनु सूतं च लौहदण्डेन तद्युतम् । सर्वं तदेकतां यातं तेन लिङ्गं प्रलेपयेत् ।।१४।।
लेपे शुष्के पुनर्लेपं दद्याच्छुष्के पुनस्तथा । शुष्कं न स्रंसयेल्लेपं शुष्कस्योपरि दापयेत् ।।१५।।

13-15.Viṣatindukādi Lepa:

Ingredients: *Viṣamuṣṭi*, lemon juice, *sudhā's* root, *tutthaka*, *pārada*, honey and lemon juice.

Process of Drug-Making: Take 1 gm. measure of *viṣamuṣṭi* and pour it in a rusted iron vessel. Add lemon juice into it and with help of an iron baton, pulverize the mix thoroughly. Following this, add to it 1 gm. each of *sudhā's* root, *tutthaka* and *pārada* along with approximate honey. Subsequently, with the same iron mortar and lemon juice, pulverize the mix. Store the compound in glass bottle.

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Method of use/Administration: Apply little amount of this compound as *kalka* (*lepa*) on the *vraṇas* of genitals. When the *kalka* dries up, instead of removing it, apply another coat of this medicine. Same way, give a third coating.

Therapeutic benefits: This *Viṣatindukādi Lepa* is helping in checking all types of *upadamśa* and *vraṇas*.

निम्बादीनां क्वाथालेपघृतचूर्णप्रयोगाः (यो. र.)–

निम्बार्जुनाश्वत्थकदम्बशालजम्बूवटोदुम्बरवेतसाद्भिः ।
प्रक्षालनालेपघृतानि कुर्याच्चूर्णानिपित्तास्रभवोपदंशे ।।१६।।

16. For the treatment of *paittika* and *raktaja* types of *upadamśa*, take barks of *nimba*, *arjuna*, *aśvattha*, *kadamba*, *śāla*, *jambū*, *vāta* and *udumbara* along with *vetasa*. Prepare a decoction as well as *kalka* out of the herbs. Both these preparations could be used in the preparation of recipes for washing, external application, medicated *ghṛitam* and dusting powder.

(*Yoga Ratnākar*)

पटोलादिक्वाथौ (यो. र.)–

पटोलनिम्बत्रिफलागुडूचीक्वाथंपिबेद्वाखदिरासनाभ्याम् ।
सगुग्गुलुंवात्रिफलायुतं वा सर्वोपदंशापहरः प्रयोगः ।।१७।।

17. Paṭolādi Kvātha:

Ingredients: *Paṭola*, *nimba*, *triphalā* herbs (*harītakī*, *vibhītakī* and *āmalakī*) and *gudūcī*. (Alternatively, *khadira* and *asana*).

Process of Drug-Making: Take all the above ingredients in equal parts. Raise 25 gm. of their coarsely powdered mix and decoct it in water measuring 400 ml. till it is reduced to one fourth.

Either prepare decoction of *khadira* and *asana*.

Method of use/Administration: Take the decoction simply. However, treat the other recipe with purified *guggulu* (1 gm.) or *triphalā* powder (2 gm.) before taking.

Therapeutic benefits: It cures all types of *upadamśa*.

(*Yoga Ratnākar*)

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बदरादयो धूपाः–

बदरार्कमपामार्गस्तथा ब्राह्मणयष्टिका । हिङ्गुलं च समं चैषां भागं कृत्वा च धूपनम् ।
दोषजं कर्मजं हन्यादुपदंशादिकं व्रणम् ।।१८।।

18.Badrādaya Dhupa:

Ingredients: Barks of *badarī*, *arka*, *apamārga's pañcānga*, *bhārgī* and *hiñgula*.

Process of Drug-Making: Take 12 gm. each of barks of *badarī* and *arka*, *apamārga's pañcānga* and *bhārgī*. Also take *hiñgula* equivalent to the combined weight of rest of the materials i.e. 48 gm.. Combine all and powder them. Take small quantity of this powder and put it over burning woods (*angar*).

Method of use/ Administration: Treat *vraṇa* of *indṛiya* with its smoke.

Therapeutic benefits: Giving smoke treatment alleviates *doṣaja* and *karmaja updamśādi k vraṇa*.

पारदादिधूपः–

रसस्तालं टङ्कणं च सिन्दूरं तुत्थकं शिला । मुद्राशङ्खं यवक्षारः स्फटिकारिविडं तथा ।।१९।।
मरिचं चार्कमूलत्वग् ग्राह्यं माषमितं पृथक् । दरदं तोलकं सार्द्धं कृत्स्नमेकत्र चूर्णयेत् ।।२०।।
ततो घृतप्लुतं कृत्वा धूपयेद् यत्नतो भिषग् । उपदंशव्रणं तेन सुखमेत्यामयी ध्रुवम् ।।२१।।

19-21. Pārdādi Dhūpa:

Ingredients: *Pārada*, *haritāla*, borax, *sindūra*, *nīlatutthaka*, *manahśilā*, *mudrā śankha*, *yavakṣāra*, alum, *viḍa lavaṇa*, black pepper, *hiñgula* and *ghṛitam*.

Process of Drug-Making: Take 1 gm. each of *pārada*, *haritāla*, borax, *sindūra*, *nīlatutthaka*, *manahśilā*, *mudrā śankha*, *yavakṣāra*, alum, *viḍa lavaṇa*, black pepper and 18 gm. measure of *hiñgula*. Powder all these materials together and mix the compound with *ghṛitam* to obtain a balm out of them.

Method of use/Administration: The forula is used as smoke treatment.

Therapeutic benefits: Taking smoke treatment with this drug helps in curing *updamśajanya indṛiyavraṇa* and makes the person comfortable.

पारदादिधूपः (भैरवोक्तः)–

रसं वङ्गञ्च खदिरं हरीतक्याश्च भस्मकम् । कोमलं कदलीभस्म गुवाकफलभस्म च ।।२२।।
एतत्तोलकमानं स्याद्धिङ्गुलं हरितालकम् । गन्धकं तुत्थकं चापि पद्मकं सरलं तथा ।।२३।।
द्वे चन्दने देवदारु वकमं काष्ठमेव च । तथा केशरकाष्ठञ्च माषमानं प्रकल्पयेत् ।।२४।।

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एकीकृत्य चूर्णयित्वा सर्वं चाङ्गेरिकाद्रवैः । तुलसीपत्रजरसैः पुरातनगुडेन च ।।२५।।
घृतेन सह षट्कार्या वटिका मन्त्ररक्षिताः । वेदनायामुत्कटायां चतस्रः शुक्लवाससा ।।२६।।
वेष्टयित्वा च निर्धूमाङ्गारोपरि च दापयेत् । तं धूपं परिगृह्णीयान्नरो वस्त्रादिवेष्टितः ।।२७।।
मुखनासाकर्णबहिर्निश्वासस्य निरोधतः । स्वेदे जातेऽस्य नैरुज्यं सायं प्रातर्दिनत्रयम् ।।२८।।
मासमात्रन्तु पथ्याशी शाकाम्लदधिवर्जनम् । गुर्वन्नपायसादीनि चापथ्यानि विवर्जयेत् ।।२९।।
दिनत्रये व्यतीते तु स्नानमुष्णाम्बुना चरेत् । एवं कृते प्रशाम्यन्ति व्रणाश्च पिडका अपि ।।३०।।
तथा शोथश्चामवातः खञ्जता पङ्गुताऽपि च । कुष्ठोपदंशशान्त्यर्थं भैरवेण प्रकीर्त्तितः ।।३१।।

22-31.Pardādi Dhūpa (Bhairava Type):

Ingredients: *Śodhitha* (purified) *pārada*, *vanga bhasma*, *khadira*, *haraḍa bhasma*, soft *kadalī bhasma*, oxydum of betel nut, *hiñgula*, purified *haritāla*, purified *gandhaka*, purified *tutthaka*, *padmaka*, *saralakāṣṭha*, white sandalwood, red sandalwood, *devadāru*, *vakama kāṣṭha*, *nāgakeśara*, *kāṣṭha*, juice of *cāngerī*, juice of *tulasī* leaves, old jaggery and *ghṛitam*.

Process of Drug-Making: Obtain 12 gm. each of *śodhitha* (purified) *pārada*, *vanga bhasma*, *khadira*, *haraḍa bhasma*, soft *kadalī bhasma*, oxydum of the betel nut and 1 gm. each of *hiñgula*, purified *haritāla*, purified *gandhaka*, purified *tutthaka*, *padmaka*, *saralakāṣṭha*, white sandalwood, red sandalwood, *devadāru*, *vakama kāṣṭha*, *nāgakeśara* and *kāṣṭha*. Powder all these materials before pulverizing them in a mortar. Impregnate the resultant compound separately with juice of *cāngerī* and juice of *tulasī* leaves for one day each. Following this, triturate the same again and add to it little quantity of old jaggery and *ghṛitam* for further triturate ing the same. Later on, prepare six pills out of the compound.

Method of use/Administration: Cover the body of the patient with clothes excluding his mouth, nose and ears and lie him over a cot. Below the cot of the patient, one should keep burning smokeless fire. Burn four pills of the above mentioned preparation on this fire. It would create a medicinal smoke, when the patient starts sweating profusely this smoke treatment should be stopped. Wipe off the sweat with a piece of cloth. For one month, the patient should strictly maintain regulations in his diet and other measures. Leaves, sour edibles, curd, heavy food and milk products are prohibited during this medication. After taking smoke treatment for three days, on fourth day the patient should bathe with warm water.

Therapeutic benefits: Such smoke treatment is very much effective in checking *upadamśjanya vraṇa*, *piḍkaya*, *śotha*, *āmavāta*, *khañjatā*, *pangutā*,

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kuṣṭha and *updamśa*. Bhairavāchārya has published this smoke treatment for curing *upadamśa vraṇa*.

भैरवरसः–

शुद्धसूतं ग्रहीतव्यं रक्तिकाशतमात्रकम् । त्रिगुणां शर्करां लौहे निम्बदण्डेन मर्दयेत् ।।३२।।
याममात्रं ततो दद्याच्छ्वेतं खदिरचूर्णकम् । सूततुल्यं ततः कुर्यान्मर्दनात कज्जलोपमम् ।।३३।।
विंशतिर्वटिकाः कार्याः स्याप्या गोधूमचूर्णके । भैरवं देवमभ्यर्च्य बलिं तस्मै प्रदाय च ।।३४।।
निःशेषं निःसृता ज्ञात्वा पिडकास्ताःकलेवरे । विधाय योगिनीपूजां दुर्गामभ्यर्च्य यत्नतः ।।३५।।
वटिकास्ताः प्रयोक्तव्या भिषजाजानता क्रियाम् । दिवसत्रितयं दद्यात्तिस्त्रस्तिस्त्रो विजानता ।।३६।।
चतुर्थाच्च समारभ्य एकामेकां प्रयोजयेत् । एवं चतुर्दशदिनैर्नीरोगो जायते नरः ।।३७।।
पथ्यं शर्करया सार्द्धमुष्णान्नं घृतगन्धि च । कुर्यात्साकाङ्क्षमुत्थानं सकृद्भोजनमिष्यते ।।३८।।
जलपानं जलस्पर्शं न कदाचन कारयेत् । दुःसहायान्तु तृष्णायामिक्षुदाडिमकादिकम् ।।३९।।
शौचकार्यमुष्णाम्बुना वाससा प्रोञ्छनं द्रुतम् । वातातपाग्निसम्पर्कं दूरतः परिवर्जयेत् ।।४०।।
मेघागमे वा शीते वा कार्यमेतद्विजानता । मुखरोगे तु संजाते मुखरोगहरी क्रिया ।।४१।।
श्रमाध्वभाराध्ययनस्वप्नालस्यानि वर्जयेत् । ताम्बूलं भक्षयेन्नित्यं कर्पूरादिसुवासितम् ।।४२।।
क्रिया श्लेष्महरी युक्ता वातपित्ताविरोधिनी । लवणं वर्जयेदम्लं दिवानिद्रां तथैव च ।।४३।।
रात्रौ जागरणञ्चैव स्त्रीमुखालोकनं तथा । सप्ताहद्वयमुत्क्रम्य स्नानमुष्णाम्बुना चरेत् ।।४४।।
पथ्यं कुर्याद्धितमितं जाङ्गलानां रसादिभिः । व्यायामाद्यं वर्जनीयं यावन्न प्रकृतिं व्रजेत् ।।४५।।
एवं कृतविधानस्तु यः करोत्येतदौषधम् । स एव पापरोगस्य पारं याति जितेन्द्रियः ।।४६।।
पिडका विलयं यान्ति बल तेजश्च वर्द्धते । रुजा च प्रशमं याति ग्रन्थिशोथश्च शाम्यति ।।४७।।
अस्थ्नां भवति दार्ढ्यञ्च आमवातश्चशाम्यति । भैरवेणसमाख्यातोरसोऽयं भैरवः स्वयम् ।।४८।।

32-48.Bhairava Rasa:

Ingredients: Purified *pārada*, sugar, *danḍa* of *nimba*, *śveta khadira sāra*, water and *godhūma*

Process of Drug-Making: Obtain 12500 mg. measure of purified *pārada* and 37500 mg. of sugar and pulverize them along with a baton of *nimba* wood for three hours in an iron mortar. Following this, add 12500 mg. of *śveta khadira sāra* into it and pulverize the same again for one day. Prepare a *kajjalī* like substance out of the mix and triturate it along with water. Prepare a total of 20 pills out of the recipe. Coat these pills in powder of *godhūma* and dry them.

Method of use/Administration: After noting that the *upadamśa* patient has *piḍakas* all over his body, one should worship and give offerings to Bhairavjī. He should also worship *yoginis* and Durga Devi. Then only, he should use these pills for treatment. For three days, this medicine is to be taken in doses of three pills per day. From fourth day onwards, the dosage should reduce to one pill per day. In

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this way, one should consume nine pills in three days and 11 pills in 11 days. Therefore, 20 pills would be consumed in 14 days and after this period the patient of *upadamśa* becomes free from such indispositions. While consuming this medicine, the patient is to be served with mixture if *ghṛitam* and sugar along with a little quantity of warm rice and the like. This food should be given only once in a day and that too in a manner that feelings of hunger still remain. Drinking and touching water is strictly prohibited. If the patient feels thirst, he should be served with juices of sugarcane and pomegranate. After passing stool, the patient should wash himself by showering warm water on the anal part and immediately wipe it with a piece of cloth. The patient should strictly keep himself far away from breeze (*vāta*), sunlight and fire. However, in monsoon and winter seasons, the patient can enjoy them in a minimal amount. If the patient gets sores in his mouth, he should be treated according to the medications prescribed for treating mouth disorders. During the medication period, the patient should avoid himself from doing work, walking on footpaths, lifting weights, studying, sleeping during day time and laziness. After consumption of this drug, he should take aromatic eatables like *tāmbūla* treated with camphor. The patient should be advised to take foods, measures and drugs which do not help in curbing *śleṣma* and those which do not promote *vāta* and *pitta*. Apart from this, eating salty and *āmla* edibles, sleeping during day time, remaining awake during nights and endulging in intercourse are all prohibited during this medication. After two week's gap, one should bath in warm water. One should also take good diets such as meat and meat soup of wild animal and birds in small quantities and rice. Until the body is totally fit, doing exercises is also prohibited.

Therapeutic benefits: In this way, the person who takes this medicine maintaining all regulations like a celibate, he gets rid from the *upadamśa* disorder. The medication also checks diabetic *piḍakas*. It promotes strength and brilliance of those persons who consume it. Similarly, it provides relief to *śotha* and pain of *vakṣanādi granthi*. It makes bones hard and cures *āmavāta* disorder. Śrī Bhairavāchārya has prepared this world renowned *Bhairava Rasa*.

(*Rasendra Sār Sangraha*)

रसशेखरः–

पारदञ्चाहिफेनञ्च द्विर्द्वादशकरक्तिकम् । अयःपात्रे निम्बकाष्ठे मदयेत्तुलसीद्रवैः ।।४९।।
तस्मिन् सम्मूर्च्छिते दद्याद्दरदं रससम्मितम् । मर्दयेच्च तुलस्यैव ततश्चैतानि दापयेत् ।।५०।।

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जातीकोषफले चैव पारसीकयमानिकाम् । आकारकरभं चैव द्वात्रिंशद्रक्तिकां प्रति ।।५१।।
मर्दयेत्तुलसीतोयैरेतेषां द्विगुणं शुभम् । दद्यात् खदिरसत्त्वञ्च वटिका चणकप्रभा ।।५२।।
सायं द्वे द्वे प्रयोज्येचलवणाम्लञ्चवर्जयेत् । गलत्कुष्ठं तथा स्फोटान् दुष्टान् गर्दभिकामपि ।।५३।।
ये स्युर्व्रणा नृणामन्ये उपदंशपुरःसराः । तान् सर्वान्नाशयत्याशु सिद्धोऽयं रसशेखरः ।।५४।।

49-54.Rasa Śekhara:

Ingredients: *Pārada*, *ahiphena*, juice of *tulasī*, purified *hiñgula*, *jātīphala*, *jātīkoṣa*, *pārsika*, caraway seeds, sugar and abstract of *khadira* plant (*khadirasatva*).

Process of Drug-Making: Obtain 1500 mg. each of *pārada* and *ahiphena*. Pulverize both these materials with a stick of *neem* in an iron mortar along with juice of *tulasī*. After continuous pulverizing, when the *pārada* turns into a semi solid state (i.e. *mūrcchita*), add to it purified *hiñgula* measuring 1500 mg. Subsequently, pulverize the mix with *neem* stick until the mix turns into a finely powdered substance. When the mix is properly triturate ed, add to this powders measuring 4 gm. each of *jātīphala*, *jātīkoṣa*, *pārsika*, caraway seeds and sugar alongwith 41 gm. abstract of *khadira* plant (*khadirasatva*). Repeat the process of triturate ing and turn the mix into a thick compound. Prepare pills out of the recipe and dry and store them in glass bottle.

Method of use/Administration: Every evening, this medicine is to be taken in doses of 250 mg. along with water. During the medication period, taking salty and *āmla* products is prohibited.

Therapeutic benefits: This *Rasa Śekhara* is capable of checking *galatkuṣṭha*, painful eruptions, *gardhibhika* and other *updamśika vraṇas*.

(*Rasendra Sār Sangraha*)

रसगुग्गुलुः–

ग्राह्यः पातनयन्त्रेण शुद्धश्चन्द्रसमो रसः । रक्तिकाशतमेतस्य शर्करा त्रिगुणा भवेत् ।।५५।।
ततश्चतुर्गुणो ग्राह्यो गुग्गुलुर्महिषाक्षकः । घृतं रससमं दद्यान्मर्दयेच्च प्रयत्नतः ।।५६।।
विंशतिर्वटिकाः कार्यास्तिस्त्रस्तिस्त्रो दिनत्रयम् । एकादशदिनैरन्या देया एकादशैव ताः ।।५७।।
सप्ताहद्वयमेवञ्च कारयेद्भिषजां वरः । लवणं वर्जयेत्पथ्ये पादार्द्धाशनमिष्यते ।।५८।।
दिनद्वये व्यतीते तु पादोनं पथ्यमाचरेत् । मसूरसूपं सगुडं व्यञ्जनं चाथ कल्पयेत् ।।५९।।
पुनर्नवा पटोलानि तिक्तपत्री च गोक्षुरम् । पुटपत्रीं कोकिलाक्षं शाकार्थे घृतभर्जितम् ।।६०।।
शर्करा लवणस्थाने वेशवारे धनीयकम् । लवङ्गाजाजिहिङ्गूनि धान्यकं जीरकाणि च ।।६१।।
पाकार्थे संप्रदातव्यं संस्कारार्थं भिषग्वरैः । भैरवस्य रसस्यान्याः क्रिया अत्र प्रयोजयेत् ।।६२।।

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रसगुग्गुलुरेवं हि सर्वाञ्जित्वाऽऽमयानयम् । कुष्ठोपदंशनामानं व्रणं वातादिसंयुतम् ।।६३।।
कामदेवप्रतीकाशश्चिरजीवी भवेन्नरः ।।६४।।

55-64. Rasa Guggulu:

Ingredients: *Hiñgulotha pārada*, sugar, purified *mahiṣākṣa guggulu* and *ghṛitam*.

Process of Drug-Making: Extract *hiñgulotha pārada* (that is as bright as a moon) through *urdhapātana yañtra*. Obtain 12 gm. of this *pārada* and add 36 gm. of sugar into it. Compound them into a fine powder and add to it the purified *mahiṣākṣa guggulu* (192 gm.) along with *ghṛitam* (12 gm.). Triturate all these materials together for one whole day. Prepare 20 pills out of the compound (12 gm. each).

Method of use/Administration: For three days, this medicine is to be taken in doses of three pills per day. From fourth day onwards, the dosage should be reduced to one pill per day. In this way, one should consume nine pills in three days and 11 pills in 11 days. Therefore, 20 pills would be consumed in 14 days. During the medication period, one should avoid taking salty foods. In diet, on first day, food should be one fourth of the amount which was served on the previous day. On second day it should be half and on third day, it should be one quarter. The diet should contain, *masūra* pulse, jaggery and jaggery treated vegetables. In vegetables, one should specially include *punarnavā*, *paṭola*, *tiktapatṛī* (*guḍūcī* and *karkoṭa*), *gokṣura*, *tiktapatṛī* and *kokilākṣa* all fried in *ghṛitam*. In place of *lavaṇa* and *veśavāra* one should use sugar and coriander respectively. Apart from this, one should sprinkle over the vegetables powders of the following as per the taste of the patient: clove, black cumin seeds, *hingu*, coriander and white cumin seeds. In addition, all the measures mentioned in *Bhairava Rasa* should be employed here as well.

Therapeutic benefits: Consuming this *Rasa Guggulu* in the prescribed manner would help in alleviating *kuṣṭha*, *upadamśa*, *vātādi vraṇa*, provides longevity and makes a man as beautiful as Kāmdeva, the God of lust.

वरादिगुग्गुलुः–

वरीनिम्बार्जुनाश्वत्थखदिरासनवासकैः चूर्णितैर्गुग्गुलुसमैर्वटका अक्षसम्मिताः ।।६५।।
कर्त्तव्या नाशयन्त्याशु सर्वाल्लिङ्गसमुत्थितान् । उपदंशानसृग्दोषांस्तथा दुष्टव्रणानपि ।।६६।।

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65-66. Varādi guggulu:

Ingredients: Powders of *haraḍa*, *vibhītaka*, *āmalakī*, bark of *nimba*, bark of *arjuna*, bark of *aśvattha*, abstract of *khadira* plant, bark of *asana*, *aḍuṣā*, purified *guggulu* and *ghṛitam*.

Process of Drug-Making: Take powders measuring 10 gm. each of *haraḍa*, *vibhītaka*, *āmalakī*, bark of *nimba*, bark of *arjuna*, bark of *aśvattha*, abstract of *khadira* plant, bark of *asana* and *aḍuṣā*. Also take purified *guggulu* equal to the combined weight of all the materials (i.e. 90 gm.). Combine all the materials and triturate them along with *ghṛitam*. Prepare pills in measurement of 3 gm. each. Dry and store them in glass bottle.

Method of use/Administration: This *Varādi guggulu* is to be taken daily during morning and evening hours in doses of one pill.

Therapeutic benefits: Consumption of this medicine checks all indispositions caused inside the genital parts like *upadamśa*, *rakta doṣa* and awful *vraṇas*.

(*Bhāvaprakāśa*)

सारिवाद्यवलेहः–

सारिवायाः पलशतं जलद्रोणे विपाचयेत् । तस्मिन् पादावशेषे तु गुडूची शतमूलिका ।।६७।।
विदारी जीवनी त्रिवृन्मुण्डी च त्रिफला तथा । क्षुद्रैला चोपचीनी च प्रत्येकार्द्धपलं मतम् ।।६८।।
सुपिष्टं निक्षिपेत्तत्र शीते मधु पलाष्टकम् । क्षीरानुपानयोगेन पिबेत्तोलकसंमितम् ।।६९।।
प्रमेहाश्चोपदंशाश्च पिडका मूत्रकृच्छ्रकम् । नश्यन्ति त्वपरे रोगा रक्तदुष्ट्या भवन्ति ये ।।७०।।
पारदविकृतिश्चापि सन्देहो नात्र कश्चन । मुक्तश्च सर्वरोगेभ्यो बलवर्णाग्निसंयुतः ।
मानवः सिद्धकामोऽस्माच्छीघ्रं भवति निश्चितम् ।।।७१।।

67-71. Sārivādyavaleha:

Ingredients: *Anantamūla*, water, powders of *guḍūcī*, *śatāvara*, *vidārīkanda*, *jīvanī* (*jīvantī* or *jīvaka*), *ṛiṣabhaka*, *medā*, *mahāmedā*, *kākolī*, *kṣīrakākolī*, *ṛiddhi*, *vṛiddhi*, *māṣaparṇī*, *mudgaparṇī*, *madhuyaṣṭī* (all these *jīvanīya* group of herbs), *niśotha*, *mahāsrāvaṇikā*, *haraḍa*, *vibhītaka*, *āmalakī*, smaller cardamom, *copacīnī* and honey.

Process of Drug-Making: Obtain 5 kg. measure of *anantamūla* and decoct it into water measuring 13 litre. Keep decocting the preparation until the original quantity is reduced to one fourth. Filter the obtained decoction and add to it 23 gm. measure of powders of *guḍūcī*, *śatāvara*, *vidārīkanda*, *jīvanī* (*jīvantī* or *jīvaka*), *ṛiṣabhaka*, *medā*, *mahāmedā*, *kākolī*, *kṣīrakākolī*, *ṛiddhi*, *vṛiddhi*,

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māṣaparṇī, *mudgaparṇī*, *madhuyaṣṭī*, *niśotha*, *mahāsrāvaṇikā*, *haraḍa*, *vibhītaka*, *āmalakī*, smaller cardamom and *copacīnī*. After combining all these materials, cook the preparation on a slow heat. When the preparation becomes thick, remove it from the stove and let it cool down. Add 375 gm. of honey to the cooled preparation and properly mix. Pour the same in an earthen jar.

Method of use/Administration: Consume this drug in doses of 10 gm. along with milk as *anupāna*.

Therapeutic benefits: This would help in curing *prameha* (i.e. urinary disorders including diabetes), *upadamśa*, *pramehapiḍakaya*, *mūtrakṛicchra*, all diseases generated by *rakta duṣṭi* and indispositions caused by consuming raw *pārada*. This *Sārivādyavaleha* makes one free from diseases, promotes strength, complexion and digestive power.

करञ्जाद्यं घृतम्–

करञ्जनिम्बार्जुनशालजम्बूवटादिभिः कल्ककषायसिद्धम् ।
सर्पिर्निहन्यादुपदंशदोषं सदाहपाकं स्रुतिरागयुक्तम् ।।७२।।

72. Karañjādya Ghṛitam:

Ingredients: *Karañja* (barks or its root), *nimba* (leaves), *arjuna*, *śāla*, *jambū*, *vāta*, *pippalī*, *udumbara*, *plākṣa*, *vetasa*, water and *mūrcchita* cow *ghṛitam*.

Process of Drug-Making: Take 500 gm. each of *karañja* (barks or its root), *nimba* (leaves), *arjuna*, *śāla*, *jambū*, *vāta*, *pippalī*, *udumbara* and *plākṣa* along with *vetasa*. Decoct them together in water measuring 12 litre. Boil down the preparation to one fourth. Also use the above herbs in measurement of 30 gm. each and prepare a *kalka* out of them. Add *mūrcchita* cow *ghṛitam* measuring 750 ml. to the preparation and cook all the ingredients together.

Therapeutic benefits: This medicated *ghṛitam* cures *upadamśa* associated with burning sensation, suppuration, exudation and inflammation.

(Cakradatt)

भूनिम्बाद्यं घृतम्–

भूनिम्बनिम्बत्रिफलापटोलकरञ्जजातीखदिरासनानाम् ।
सतोयकल्कैर्घृतमाशु पक्वं सर्वोपदंशापहरं प्रदिष्टम् ।।७२।।

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73. Bhūnimbādya Ghṛitam:

Ingredients: *Kirātatikta*, bark of *nimba*, *haraḍa*, *vibhītaka*, *āmalakī*, *paṭola* leaves, *karañja* leaves, jasmine leaves, bark of *khadira* and bark of *asana*.

Process of Drug-Making: Prepare decoction as well as *kalka* of *kirātatikta*, bark of *nimba*, *haraḍa*, *vibhītaka*, *āmalakī*, *paṭola* leaves, *karañja* leaves, jasmine leaves, bark of *khadira* and bark of *asana*. According to the above mentioned method, cook the medicinal *ghṛitam* out of these materials.

Note: For decoction take the metioned ingredients in measure of 400 gm. each and for preparing a *kalka* take the same in measure of 25 gm. each.

Method of use/Administration: This *ghṛitam* is to be consumed daily in doses of 6-12 gm. along with lukewarm milk or water.

Therapeutic benefits: This *ghṛitam* is capable of alleviating all types of *upadamśa*.

(Cakradatt)

अनन्ताद्यं घृतम्–

अनन्तामलकीद्राक्षाः काकोलीयुगलं वरीम् । एलाद्वयं विदारीञ्च मधूकं मधुकं मुराम् ।।७४।।
त्रिफलां स्वर्णपर्णाञ्च बीजं गोक्षुरसम्भवाम् । दशमूलं तालमूलीं त्रिवृतामिन्द्रवारुणीम् ।।७५।।
नीलिनींशूकशिम्ब्याश्चबीजंकर्षप्रमाणतः । कल्कीकृत्य पचेत्प्रस्थं सर्पिषः सारिवाऽम्भसा ।।७६।।
घृतमेतदनन्ताद्यमुपदंशविनाशनम् । रसायनं परं वृष्यमस्त्रदोषनिषूदनम् ।।७७।।

74-77. Anantādya Ghṛitam:

Ingredients: *Anantamūla*, *āmalakī*, raisins, *kākolī*, *kṣīrakākolī*, *śatāvarī*, smaller cardamom, bigger cardamom, *vidārīkanda*, flowers of *madhūka*, *madhuyaṣṭī*, *murāmānsī*, *haraḍa*, *vibhītaka*, *āmalakī*, *svarṇapatra*, *gokṣura*, *daśamūla* herbs, *muṣalī*, *niśotha*, root of *indrayava*, root of *neel*, seeds of *ātmaguptā*, water, *anantamūla* and *mūrcchita* cow *ghṛitam*.

Process of Drug-Making: Take 6 gm. each of *anantamūla*, *āmalakī*, raisins, *kākolī*, *kṣīrakākolī*, *śatāvarī*, smaller cardamom, bigger cardamom, *vidārīkanda*, flowers of *madhūka*, *madhuyaṣṭī*, *murāmānsī*, *haraḍa*, *vibhītaka*, *āmalakī*, *svarṇapatra*, *gokṣura*, *daśamūla* herbs, *muṣalī*, *niśotha*, root of *indrayava*, root of *neel* and seeds of *ātmaguptā*. Powder these materials and ground them along with water on a stone slab to prepare *kalka*. Also, prepare decoction of *anantamūla*

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measuring 3 kg. in 12 litre measure of water. Decoct the same till the original quantity is reduced to one fourth.

Following this, take *mūrcchita* cow *ghṛitam* (750 ml.), 3 litre of the above decoction and the above *kalka*. Cook all these materials methodologically to obtain medicinal *ghṛitam*. The *ghṛitam* thus obtained is known as *Anantādya Ghṛitam*.

Therapeutic benefits: It helps alleviating *upadamśa* problem. It also provides vital minerals and aphrodisiac power to the users and checks the blood vitiation.

पञ्चारविन्दघृतम् (र. र.)–

मृणालं पद्मबीजानि नालं पद्मं च केशरम् । सर्वं सप्तपलं कुर्यात् त्रिंशत्पलञ्च गोघृतम् ।।७८।।
घृताच्चतुर्गुणं क्षीरं घृतशेषं विपाचयेत् । पाकान्ते चूर्णमेषाञ्च क्षिप्त्वा तदवतारयेत् ।।७९।।
भक्षयेल्लिङ्गरोगघ्नं घृतं पञ्चारविन्दकम् ।।८०।।

78-80. Pañcārvinda Ghṛitam:

Ingredients: *Mṛināla*, lotus seeds, lotus stem, lotus flower, *kamala keśara*, *mūrcchita* cow *ghṛitam*, cow milk and water.

Process of Drug-Making: Prepare *kalka* out of *mṛiṇāla*, lotus seeds, lotus stem, lotus flower and *kamala keśara* taken in equal parts (i.e. 50 gm. each). Take *mūrcchita* cow *ghṛitam* (1410 gm.), cow milk (four times the quantity of *ghṛitam*, i.e. 5.650 litre) and water four times greater than the milk. Cook all these materials together and reduce the preparation to the amount of *mūrcchita ghṛitam*. When the cooking is done sprinkle powders of the above mentioned materials on the recipe and remove the preparation from stove and allow it to cool down on its own. Fill the cooled medicine in an earthen jar.

Therapeutic benefits: This *Pañcārvinda Ghṛitam* is capable of checking disorders pertaining to genital (*linga*) parts of the body.

(*Ras Ratnākar*)

आगारधूमाद्यं तैलम्–

आगारधूमो रजनी सुराकिट्टञ्च तैस्त्रिभिः । यथोत्तरैः पचेत्तैलं कण्डूशोथरुजापहम् ।
शोधनं रोपणञ्चैव ह्युपदंशहरं परम् ।।८१।।

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81. Āgāradhūmādya Tailam:

Ingredients: *Āgāra dhūma* (smoke deposits obtained from the kitchen), *rajanī*, *surā kīṭṭa* (deposits of the decoctions and the like around the bottom of their bottles), water and *mūrcchita* sesame oil.

Process of Drug-Making: Get *āgāra dhūma* (smoke deposits obtained from the kitchen) (46 gm.), *rajanī* (93 gm.) and 140 gm. of *surā kīṭṭa* (deposits of the decoctions and the like around the bottom of their bottles). Prepare a *kalka* out of these and cook the same in water measuring 4500 ml. and *mūrcchita* sesame oil measuring 1120 ml.

Therapeutic benefits: This medicated oil cures itching, edema and pain. It cleanses and heals ulcers and brings out the natural colour of the skin after the ulcer is healed.

(Cakradatt)

गोजीतैलम् (भा. प्र.)–

गोजीविडङ्गयष्टीभिः सर्वगन्धैश्च संयुतम् । एतत्सर्वोपदंशेषु तैलं रोपणमिष्यते ।।८२।।

82. Gojī Tailam:

Ingredients: *Gojī* (*gojihvā*), *vāyaviḍanga*, *madhuyaṣṭī*, *sarvagandha* herbs like cinnamon, cardamom, cassia leaves, *nāgakeśara*, *karpūra* (camphor), *kañkola*, *agar*, *keśara*, clove, *mūrcchita* sesame oil and water.

Process of Drug-Making: Take equal parts (i.e. 18 gm. each) of *gojī* (*gojihvā*), *vāyaviḍanga*, *madhuyaṣṭī* and *sarvagandha* herbs like cinnamon, cardamom, cassia leaves, *nāgakeśara*, *karpūra* (camphor), *kañkola*, *agara*, *keśara* and clove. Prepare *kalka* out of these materials measuring a quarter. Methodologically cook this *kalka* with *mūrcchita* sesame oil (1 litre) and water (4 litres) and obtain medicinal oil.

Therapeutic benefits: The medicinal oil thus obtained is helpful in curing all types of *upadamśajanya vraṇa*.

(*Bhāvaprakāśa*)

जम्ब्वाद्यं तैलम् (भा. प्र.)–

जम्बूवेतसपत्राणि धात्रीपत्रं तथैव च । नक्तमालस्य पत्राणि तद्वत्पद्मोत्पलानि च ।।८३।।
एला चातिविषाऽऽम्रास्थिमधुकञ्चप्रियङ्गवः । लाक्षा कालीयकं लोध्रं चन्दनं त्रिवृताह्वया ।।८४।।

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एतान्येकीकृतान्येव बस्तमूत्रेण पेषयेत् । अक्षमात्रैरिमैर्द्रव्यैस्तैलं प्रस्थं विपाचयेत् ।।८५।।
सर्वव्रणहरं तैलमेतत्सिद्धं न संशयः । उपदंशहरं श्रेष्ठं मुनिभिः परिकीर्त्तितम् ।।८६।।

83-86. Jambvādya Tailam:

Ingredients: Leaves of *jambū*, *vetas patra*, leaves of *āmalakī*, leaves of *latā karañja*, lotus flowers, blue lotus flowers, smaller cardamom, *ativiṣa*, stone pulp of mango, *madhuyaṣṭī*, *priyangu*, *lākṣā* powder, *kālīyakakāṣṭha*, *lodhra*, sandalwood, *niśotha*, goat urine, *mūrcchita* sesame oil and water.

Process of Drug-Making: Get 12 gm. each of leaves of *jambū*, *vetas patra*, leaves of *āmalakī*, leaves of *latā karañja*, lotus flowers, blue lotus flowers, smaller cardamom, *ativiṣa*, stone pulp of mango, *madhuyaṣṭī*, *priyangu*, *lākṣā* powder, *kālīyakakāṣṭha*, *lodhra*, sandalwood and *niśotha*. Compound all these materials with goat urine (taken as per requirement) and prepare a *kalka* out of them. Methodologically cook this *kalka* with *mūrcchita* sesame oil (750 ml.) and water (3 litres) and obtain medicinal oil.

Therapeutic benefits: Application of this oil on *upadamśajanya vraṇas* makes them recede.

(*Bhāvaprakāśa*)

कोषातकीतैलम् (भा. प्र.)–
यस्य लिङ्गस्य मांसं तु शीर्यते मुष्कशेषतः । तिक्तकोशातक्यलाब्वोर्बीजं नागरसाधितम् ।।८७।।
तैलं हन्त्यविशेषेण व्रणं दुष्टमनेकधा ।।८८।।

87-88. Koṣātakī Tailam:

Ingredients: Seeds of bitter *koṣātakī* and *tumbī*, dried ginger, water on a stone slab, *mūrcchita* sesame oil and water.

Process of Drug-Making: Take equal parts (i.e. 60 gm. each) of bitter seeds of *koṣātakī* and *tumbī* along with dried ginger. Obtain a quarter measure *kalka* out of them by compounding the same with water on a stone slab. Methodologically cook this *kalka* with *mūrcchita* sesame oil (750 ml.) and water (3 litres) and obtain the medicinal oil.

Method of use/Administration: Those persons whose flesh of their penis has disappeared after decaying and only testicles are left, should consume *Koṣātakī Tailam*.

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Therapeutic benefits: This medicinal oil is very much effective in curing various types of awful *vraṇas*.

(*Bhāvaprakāśa*)

उपदंशरोगे पथ्यानि–

छर्दिर्विरेको ध्वजमध्यनाडीवेधो जलौकः परिपातनं च ।
सेकःप्रलेपो यवशालयश्च धन्वामिषं मुद्गरसो घृतानि ।।८९।।
कठिल्लकं शिग्रुफलं पटोलं शालिञ्चशाकं नवमूलकं च ।
तिक्तं कषायं मधुकूपवारि तैलं च हन्यादुपदंशरोगम् ।।९०।।

89-90. The following measures and edibles are considered to be helpful for the patients of *upadamśa*: *vamana*, *virecana*, operating (*vedhana*) the penis' middle vein, blood letting through leeches, the *secan* therapy, ointmenting, bariey, *śāli* type of paddy, meat of wild animals and birds, *yūṣa* of *mudga*, *ghṛitam*, *kārvellaka*, fruits of *śobhāñjana*, *paṭola*, *śāli nca* leaves, young radish, edibles having bitter and pungent tastes, honey, water from the well and sesame oil.

उपदंशे निषिद्धानि–

दिवानिद्रां मूत्रवेगं गुर्वन्नं मैथुनं गुडम् । आयासमम्लं तक्रञ्च वर्जयेदुपदंशवान् ।।९१।।

91. The following measures and edibles are to be avoided by a patient of *upadamśa*: sleeping during day hours, obstructing flow of urine, heavy to digest meals, intercourse, raw sugar (*guḍa*), performing labourious tasks, taking citrus edibles and buttermilk.

(*Yoga Ratnākar*)

इति भैषज्यरत्नावल्यामुपदंशरोगचिकित्साप्रकरणम् ।।५२।।
इति भैषज्यरत्नावल्यां 'विद्योतिनी' नामिकायां भाषाटीकायामुपदंशरोगचिकित्साप्रकरणम् ।।५२।।

End of the Chapter 52 of Bhaiṣajya Ratnāvalī with Commentary

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अथ शूकदोषचिकित्साप्रकरणम् ५३

Chapter 53
Śūka Doṣa

शूकदोषे क्रियाक्रमः–

शूकदोषेषु सर्वेषु पित्तघ्नीं कारयेत्क्रियाम् । हितं च सर्पिषः पानं पथ्यं चापि विरेचनम् ।
हितः शोणितमोक्षश्च यच्चापि लघुभोजनम् ।।१।।

1. In all types of *śūka doṣas*, one should take up the measures that eliminate *pitta*. One can take *kalka*s or those decoctions that are treated with *ghṛitams* and are containing anti-*pitta* properties. One can also have *virecana* (purgation) and can have the blood letting for this purpose. Meals should be taken in small quantities.

(Cakradatt)

सर्षपीचिकित्सा–

सर्षपीं लिखितां सूक्ष्मैः कषायैरवचूर्णयेत् । तैरेवाभ्यञ्जनं तैलं साधयेद् व्रणरोपणम् ।।२।।
क्रियेयमवमन्थेऽपि रक्तं स्राव्यं तथोभयोः । अधीलायां हृते रक्ते श्लेष्मग्रन्थिवदाचरेत् ।।३।।

2-3.Treatment of Sarṣapī:

The cases of *sarṣapī* should be first treated with operation of the affected part. After this, one should sprinkle fine powder of drugs that fill up the wounds fast. Such drugs can be used in powder, *kalka* as well as in the decoction forms.

In *Adhimanta* disease one should follow the same treatment. In both cases blood letting is suggested. In *aṣṭhilā* as well, first of all blood-letting therapy should be administered. Thereafter, the ailment should be treated on the line suggested for the cases of *śleṣma granthi*.

(Cakradatt)

कुम्भिकाचिकित्सा–

कुम्भिकायां हरेद्रक्तं पक्वायां शोधिते व्रणे । तिन्दुकत्रिफलालोध्रैर्लेपस्तैलं च रोपणम् ।।४।।

4. Treatment of Kumbhikā:

In *kumbhikā*, after the suppuration of pimples, blood-letting therapy should be administered and the *kalka* of *tinduka*, *harītakī*, *vibhītakī*, *āmalakī* and *lodhra*

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should be applied over the ulcers. The oil cooked along with these drugs can also be applied for healing.

(Cakradatt)

अलजीचिकित्सा–

अलज्यां क्रूररक्तायामयमेव क्रियाक्रमः ।।५।।

5. Treatment of Alajī:

In *alajī*, first of all, blood-letting therapy should be administered, and thereafter, it should be treated on the line suggested above for the treatment of *kumbhikā*.

(Cakradatt)

ग्रथितचिकित्सा–

स्वेदयेद् ग्रथितं स्निग्धं नाडी[६] स्वेदेन बुद्धिमान् । सुखोष्णैरुपनाहैश्च सुस्निग्धैरुपनाहयेत् ।।६।।

6. Treatment of Grathita:

In *grathita*, the penis should be fomented with the help of *nāḍi sveda*. Thereafter, tolerably hot ointments (of drug) mixed with oil or *ghṛitam*, should be applied as the *upanāha*.

(Cakradatt)

उत्तमाचिकित्सा–

उत्तमाख्यान्तु पिडकां संच्छिद्यबडिशोद्धृताम् । कल्कैश्चूर्णैः कषायाणां क्षौद्रयुक्तैरुपाचरेत् ।।७।।

7. Treatment of Uttamā:

The pimple in the *uttamā* type of *śūka doṣa* should be excised and scraped with the help of a *badiśa yañtra* (a surgical instrument in the from of a hook). Thereafter, the powder of *kalka* of astringent drugs, mixed with honey should be applied.

(Cakradatt)

पुष्कर्यादिचिकित्सा–

क्रमः पित्तविसर्पोक्तः पुष्करीमूढयोर्हितः । त्वक्पाके स्पर्शहान्याञ्च सेचयेन्मृदितं पुनः ।।
बलातैलेन कोष्णेन मधुरैश्चोपनाहयेत् ।।८।।

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8. Treatment of Puṣkaryādi Diseases:

In *puṣkarī* and *mūḍha* (*sammūḍha pīḍaka*), the process of treatment prescribed for *paittika* type of *visarpa* should be followed. For the treatment of *tvak pāka* and *sparśahāni*, lukewarm *kalka* of the drugs belonging to *Kākolyādi gaṇa* or *Jīvanīyādi gaṇa* (group of drugs) should be used.

(Cakradatt)

शतपोनकचिकित्सा–

रसक्रिया विधातव्या लिखिते शतपोनके । पृथक्पर्ण्यादिसिद्धन्तु तैलं देयमनन्तरम् ।।९।।

9. Treatment of Śataponaka:

In *śataponaka*, first of all, scraping should be done, and thereafter, *rasa kṛiyā* (semi-solid decoction of healing drugs) should be applied. Oil, cooked along with drugs belonging to *pṛithakparnyādi gaṇa* should be applied over it.

(*Su. Ci. 21*)

शोणितजार्बुदचिकित्सा–

रक्तविद्रधिवच्चापि क्रिया शोणितजेऽर्बुदे । कषायकल्कसर्पींषि तलं चूर्णं रसक्रियाम् ।।१०।।
शोधने रोपणे चैव वीक्ष्य वीक्ष्यावचारयेत् ।।११।।

10-11. Treatment of Śoṇitajārbuda:

Śoṇitajārbuda type of *śūka doṣa* should be treated on the line suggested for the treatment of *raktaja vidradhi*. Following the operation one should take up the medicines which fill up the surgical wounds fast. For this one should take *kalka* medicated *ghṛitam*, medicated oils, powders and *rasa* (i.e. *pārada*) based medicines.

(*Su. Ci. 21*)

अर्बुदादिचिकित्सा–

अर्बुदं मांसपाकञ्च विद्रधिं तिलकालम् । प्रत्याख्याय प्रकुर्वीत भिषक् तेषां प्रतिक्रियाम् ।।१२।।

12. A physician should treat *arbuda*, *māmsa pāka*, *vidradhi* and *tilakāla* types of *śūka doṣa*, keeping in view their incurability.

(*Su. Ci. 21-18*)

सर्वशूकदोषु चिकित्सान्तरोपदेशः–

सर्वेषां शूकदोषाणां क्रियां व्रणवदाचरेत् । उपदंशाधिकारोक्तमौषधं शूकदोषतः ।।१३।।

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13. In cases of all types of *śūka* ailments, treatment similar to those prescribed in cases of wounds should be followed. One can also follow the oils, ointments and *rasa* based medicines suggested in cases of *upadamśa*.

मांसार्बुदे प्रकुर्वीत क्रियां सद्योव्रणोदिताम् । त्रिफलां गुग्गुलुं चापि विशेषेणावचारयेत् ।।१४।।
मांसपाके वटाद्यस्य गणस्य विधिवत्कृतैः । कषायचूर्णकल्कैश्च सेकोद्धूलनलेपनम् ।।१५।।
विद्रधौ विधिवत् कार्यं रक्तविद्रधिभेषजम् । वरुणादिकषायस्य पानप्रक्षालने हिते ।।१६।।
तिलकालं समुल्लिख्य क्षुरेण लघुपाणिना । भिषजाऽथात्र कर्त्तव्यः सद्योव्रणविधिर्मतः ।।१७।।

14-17. In treatment of sores connected with flesh the treatment prescribed in case of immediate injury should be followed. One should take decoction of *triphalā* herbs with *guggulu*. If there is swelling (*māmsa pāka*) on the flesh the herbs refered to in the *vatādi gaṇa* should be used in form of decoction and *kalka*. They could be used in shape of *svedana* (fomentation), washing and in application as an ointment. The cases of *vidradhi* should be treated as the cases of *rakta vidradhi* are treated. Herbs of *varuṇādi* group should be used in shape of decoction. The decoction could also be used to wash the sore. The sore named '*Tilakāla*' should be treated by opening the sore slightly as is done in treatment of immediate injuries (*sadyo varṇa*).

दार्वीतैलम्–
दार्वीसुरसयष्ट्याह्वगृहधूमनिशायुगैः । तैलमभ्यञ्जने पाने मेढ्ररोगं निवारयेत् ।।१८।।

18. Dārvī Tailam:

Ingredients: *Dāru haridrā*, *surāsā*, *madhuyaṣṭī*, *gṛiha dhūma*, *haridrā* and *dāru haridrā* and *mūrcchita* sesame oil.

Process of Drug-Making: Obtain *dāru haridrā*, *surāsā*, *madhuyaṣṭī*, *gṛiha dhūma*, *haridrā* and *dāru haridrā* (twice) in equal parts (i.e. 40 gm. each) and prepare a *kalka* out of them. Take *mūrcchita* sesame oil measuring 1 litre and water measuring 4 litre. Cook them together on a slow heat.

Method of use/Administration: The medicinal oil should be used for external application (massage) and internal intake.

Therapeutic benefits: It cures diseases of the penis.

(*Bhāvaprakāśa*)

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रसाञ्जनलेपः (भा. प्र.)–

रसाञ्जन साह्वयमेकमेव प्रलेपमात्रेण नयेत्प्रशान्तिम् ।
सपूतिपूयव्रणशोथकण्डूशूलान्वितं सर्वमनङ्गरोगम् ।।१९।।

19. Rasāñjana Lepa:

Ointmenting the *kalka* of *rasāñjana* is very helpful to eliminate pus having bad smells, pains of sore, itching and the like. The diseases are completely cured by this *kalka*.

(*Bhāvaprakāśa*)

शूकदोषे पथ्यानि–

लेपोविरेकोऽसृङ्मोक्षःसर्पिष्पानंचशालयः । यवाजाङ्गलमांसानि मुद्गयूषः कठिल्लकम् ।।२०।।
पटोलं शिग्रु कर्कोटं पत्तूरं बालमूलकम् । वेत्राग्रमाषाढफलं दाडिमं सैन्धवं वरा ।।२१।।
कूपोदकं गन्धसारं कस्तूरी हिमबालुका । तिक्तं कषायं तैलं च स्यात्पथ्यं शूकरोगिणाम् ।।२२।।

20-22. Helpful eatables and measures in cases of *śūka doṣa*: Use of ointment, *virecana* (purgation) and bloodletting are prescribed during the treatment of *śūka doṣa*. Helpful edibles include cooked rice of *śāli* variety, soup of barley or its bread, meat of wild animals and birds, pulse soup of *mudga*, *kāravellaka*, *paṭola patra*, vegetables prepared out of fruits of the drumstick (*śigru*), *karkoṭa*, *pattūra*, *vetrāgra*, *karkaṭī* and young radish and the like. One can also take the *triphalā* herbs, water from the wells, *kastūrī*, camphor, bitter and sour edibles and oils.

शूकदोषेऽपथ्यानि–

मूत्रवेगं दिवानिद्रां व्यायामं मैथुनं गुडम् । विदाहि गुरु तक्रं च शूकदोषामयी त्यजेत् ।।२३।।

23. Restriction during treatment of *śūka doṣa*: The patient of *śūka doṣa* should not hold the calls of nature, should not sleep during day time and should not indulge in performing exercises and in intercourse. Jaggery, *kānji* and bitter citrus herbs, meals that are heavy to digest should also be avoided.

इति भैषज्यरत्नावल्यांशूकदोषचिकित्साप्रकरणम् ।।५३।।
इति भैषज्यरत्नावल्यां 'विद्योतिनी' नामिकायां भाषाटीकायां शूकदोषचिकित्साप्रकरणम् ।।५३।।

End of the Chapter 53 of Bhaiṣajya Ratnāvalī with Commentary

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अथ कासचिकित्साप्रकरणम् १५

Chapter 54
Kuṣṭha

सामान्यक्रमः–

वातोत्तरेषु सर्पिर्वमनं श्लेष्मोत्तरेषु कुष्ठेषु । पित्तोत्तरेषु मोक्षो रक्तस्य विरेचनं श्रेष्ठम् ।।१।।

1. In *kuṣṭha* if *vāta* is predominant, then oleation therapy (administration of medicated *ghṛitam*) therapy should be administered first of all; if *kapha* is predominant, then *vamana* (emetic) therapy therapy should be administered first of all; and if *pitta* is predominant then blood-letting and *virecana* (purgation) therapy should be administered first of all.

(*Ca. Ci*)

कुष्ठेषु हितानि–

प्रच्छनमल्पेकुष्ठेमहतिचशस्तंशिराव्यधनम् । बहुदोषःसंशोध्यःकुष्ठीबहुशोऽनुरक्षता प्राणान् ।।२।।

2. In cases of simple leprosy one should have the *pracchana* therapy, but whereas it is the case of severe leprosy one should have the *śiravyadha*. When the *doṣas* are highly concentrated, after diagnosing the condition and strength of the patient, proper and continuous treatment (*Sanśodhana – vamana*, *virecana*, etc.) should be administered.

(Caraka)

पञ्चकषायः–

वचावासापटोलानां निम्बस्य फलिनीत्वचः । कषायो मधुना पीतो वान्तिकृन्मदनान्वितः ।।३।।

3. For the *vamana* (emetic) *and virecana* (purgation) Therapies, the *Pañca Kāṣāya* decoction should be prepared taking equal parts of *vacā*, *vāsa*, *paṭola*, *nimba* and bark of *phalinī*. Raise 187 gm. of their coarsely powdered mix and decoct them in water measuring 3 litre till it is reduced to one fourth. Add to it honey (100 gm.) and powder of *madan* (2 gm.). Intake of this decoction along with honey causes vomiting. This is called *Pañca Kāṣāya*.

(Cakradatt)

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विरेचनम्–

विरेचनं तु कर्त्तव्यं त्रिवृद्दन्तीफलत्रिकैः ।।४।।

4. *Virecana* (purgation) therapy should be administered the decoction of *triphalā* (100 ml.) treated with *trivṛit* (3 gm.) and *dantī* (3 gm.).

(Cakradatt)

शीघ्रसिद्धिप्राप्तिकरः–

ये लेपाः कुष्ठानां युज्यन्ते निर्गतास्रदोषाणाम् । संशोधितप्रशयानां सद्यः सिद्धिर्भवेत्तेषाम् ।।५।।

5. If *lepas* (drugs applied externally in a *kalka* form) to a patient of *kuṣṭha* are given after the elimination of impurities from the blood (by blood-letting) and from the cavities or *āśayas* (by emesis and *virecana* or purgation), immediate success is certain.

(Caraka)

मनःशिलाले मरिचानि तैलमार्कं पयः कुष्ठहरः प्रलेपः ।
करञ्जबीजैडगजः सकुष्ठो गोमूत्रपिष्टश्च वरःप्रदेहः ।।६।।

6. External application of the *kalka* of *manahśilā* (realgar), *haritāla* (orpiment), *marica* (each taken in equal parts) and latex of *arka* (25 ml.) cures *kuṣṭha*. Seeds of *karañja*, *aiḍagaja* and *kuṣṭha* should be made to a *kalka* by triturating them along with cow's urine. External application of this *kalka* cures *kuṣṭha*.

(Cakradatt)

आरग्वधपत्राद्युद्वर्त्तनम्–

पर्णानिपिष्ट्वाचतुरङ्गुलस्य तक्रेणपर्णान्यथकाकमाच्याः ।
तैलाक्तगात्रस्य नरस्य कुष्ठान्युद्वर्त्तयेदश्वहनच्छदैश्च ।।७।।

7. Prepare a *kalka* of leaves of *caturangula*, *kākamācī* and *karavīra* by compounding them along with buttermilk. The patient suffering from *kuṣṭha* should smear his body with this *kalka*. This cures *kuṣṭha*.

(Cakradatt)

अथ लेपाः ।

विषादिप्रभृतयो विविधा लेपाः सर्वकुष्ठहराः–
विषवरुणहरिद्राचित्रकागारधूममनलमरिचदूर्वाः क्षीरमर्क स्नुहीभ्याम् ।
दहति पतितमात्रात्कुष्ठजातीरशेषाः–कुलिशमिव सरोषाच्छक्रहस्ताद्विमुक्तम् ।।८।।

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8. Get powders of 20 gm. each of *vatsanābha*, bark of *varuṇa*, *haridrā*, bark of *citraka*, ash from the kitchen smoke, *anala* (*bhallātaka* fruit), black pepper and *dūrvā*. Triturate them along with latex of *arka* and *snuhī* (50 ml. each). Prepare an ointment out of it. Apply this as a poultice on the affected parts. This ointment can check leprosy as effectively as the *vajra* of angered Indra eliminates all types of trees.

विडङ्गसैन्धवशिवाशशिरेखासर्षपकरञ्जरजनीभिश्च। गोजलपिष्टोलेपः कुष्ठहरोदिवसनाथसमः ।।९।।

9. Prepare a *kalka* out of *viḍanga*, rock salt, *śivā*, *śaśirekhā* (*vākucī*), *sarṣapa*, *karañja* and *haridrā* by compounding it along with cow's urine. It cures *kuṣṭha* as the sun dispels darkness.

(Cakradatt)

भल्लातकद्वीपिसुधार्कमूलं गुञ्जाफलत्र्यूषणशङ्खचूर्णम् ।
तुत्थं सकुष्ठं लवणानिपञ्च क्षारद्वयंलाङ्गलिकाञ्च पक्त्वा ।।१०।।
स्नुह्यर्कदुग्धे घनमायसस्थं शलाकया तद्विदधीत लेपम् ।
कुष्ठे किलासे तिलकालके च सर्वेषु दुर्नामसु चर्मकीले ।।११।।

10-11. Take 12 gm. measure each of the following: *bhallātaka*, *gajapippalī*, *snuhī*, root of *arka*, fruit of *gunjā*, *śunṭhī*, *pippalī*, *marica*, powder of *śankha*, *tuttha*, *kuṣṭha*, five varieties of *lavaṇa*, two varieties of *kṣāra*, and *lāngalika*. Compound them into a powder and add to it latex of *snuhī* and *arka* (in combination and four times in measure to the above powder). With the help of an iron rod, this *kalka* should be applied externally for the treatment of *kuṣṭha*, (skin diseases including leprosy), *kilāsa* (leucoderma), *tilakālaka* (black moles), different types of piles and (warts) in the skin.

(Cakradatt)

पथ्याकरञ्जसिद्धार्थनिशाऽवल्गुजसैन्धवैः । विडङ्गसहितैः पिष्टैर्लेपो मूत्रेण कुष्ठनुत् ।।१२।।

12. Triturate *haraḍa*, *karañja*, mustard seeds, *haridrā*, *vākucī*, rock salt and *viḍanga* in cow urine. Apply this as coating over the leprosy affected parts. This would cure leprosy effectively.

सिक्थकेन समं शुद्धगन्धकेन समेन च । शैलरोहिफलोद्भूतमज्जानं पेषयेद्भिषक् ।।
तेन सर्वविधं कुष्ठं नश्यत्येव न संशयः ।।१३।।

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13. Take equal parts of powdered wax, *gandhaka*, pulp (*majjā*) of *rohiphala* and triturate them to form a *kalka*. Apply this *kalka* daily on the leprosy-affected parts to get relief from it.

दद्रुचिकित्सा । तत्र दूर्वादयो विविधा लेपाः–

दूर्वाभयासैन्धवचक्रमर्दकुठेरकाः काञ्जिकतक्रपिष्टाः ।
एभिः प्रलेपैरपि बद्धमूलां कण्डूञ्च दद्रुञ्च निवारयन्ति ।।१४।।

14. Prepare a *kalka* from *dūrvā*, *abhayā*, rock salt, *cakramarda* and *kuṭheraka* by compounding them along with *kānji* and *takra* (butter-milk). Application of this *kalka* cures deep-rooted *dadru* (ring-worm), *kanḍu* (itches) and *ruk* (pain).

(Cakradatt)

दद्रुगजेन्द्रसिंहः–

तुल्योरसःशालतरोस्तुषेण सचक्रमर्दोऽप्यभयाविमिश्रः ।
पानीयभक्तेन तदम्लपिष्टो लेपः कृतो दद्रु गजेन्द्रसिंहः ।।१५।।

15. Prepare a *kalka* from *sarja rasa* (gum-resin extracted from *śāla* tree), *cakramarda* and *abhayā* by grounding them along with *tuṣodaka* (a sour recipe prepared of cereals) or rice-washing. Apply this *kalka* externally to cure *dadru* (ring-worm). Its effect is similar to the way an elephant is subdued by a lion.

(Cakradatt)

विडङ्गैडगजाकुष्ठनिशासिन्यूत्थसर्षपैः । धान्याम्लपिष्टैर्लेपोऽयं दद्रुकुष्ठविनाशनः ।।१६।।

16. Prepare a *kalka* from *viḍanga*, *edagaja*, *kuṣṭha*, *haridrā*, rock salt and *sarṣapa* by triturating them along with *dhānyamla* (a sour recipe prepared of cereals). Application of this *kalka* cures *dadru* (ring-worm) and *kuṣṭha*.

(Cakradatt)

एडगजकुष्ठसैन्धवसौवीरसर्षपैःक्रिमिघ्नैश्च । क्रिमिसिध्मदद्रुमण्डलकुष्ठानां नाशनो लेपः ।।१७।।

17. Prepare a *kalka* from *eḍagaja* (*cakramarda*), *kuṣṭha*, rock salt, *sauvīra*, *sarṣapa* and *kṛimighna* by triturating them together. External application of this *kalka* cures *kṛimi* (maggots), *sidhma*, and *dadru* and *manḍala* types of *kuṣṭha*.

(Cakradatt)

चक्रमर्दकबीजञ्च मूलकाम्बुप्रपेषितम् । दद्रुघ्नं लेपनं कुर्याच्छिग्रुमूलत्वचोऽथवा ।।१८।।

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18. Take powdered seeds of *cakramarda* and bark of *śigru* root. Triturate it along with juice of radish and apply the recipe as poultice. It is helpful in curing *dadru* leprosy.

दद्रुकिट्टिमादिहरा लेपाः–

कासमर्दकमूलञ्च काञ्जिकेन प्रपेषितम् । दद्रुकिट्टिमकुष्ठानि जयेदेतत्प्रलेपनात् ।।१९।।

19. Dadrukiṭṭimādi hara Lepa:

Ingredients: Root of *kāsamarda* and juice of *jambīra*.

Process of Drug-Making: Prepare a *kalka* from the root of *kāsamarda* by triturating it along with the juice of *jambīra*.

Method of use/Administration: External application.

Therapeutic benefits: It cures *sidhma* type of *kuṣṭha*.

(Cakradatt)

आरग्वधस्य पत्राणि चारनालेन पेषयेत् । दद्रुकिट्टिमकुष्ठानि हन्ति सिध्मानमेव च ।।२०।।

20. Prepare a *kalka* from the leaves of *āragvadha* by triturating them along with *aranāla* (a sour drink). External application of this *kalka* cures *dadru* (ring-worm), *kitima*, *sidhma* and other varieties of *kuṣṭha* (skin diseases including leprosy).

(Cakradatt)

चक्राह्वयं स्नुहीक्षीरभावितं मूत्रसंयुतम् । रवितप्तं हि किंचित्तु लेपनं किट्टिमापहम् ।।२१।।

21. Churn the seeds of *cakramarda* and triturate it in the latex of *snuhī* for one whole day. On second day, get it triturated by adding cow's urine to the same. The *kalka* should be made hot by exposing it to the sunrays. External application of this *kalka* cures *kitibha* type of *kuṣṭha*.

(Cakradatt)

मूलकबीजप्रभृतयो विविधा लेपाः–

शिखरीरसेन पिष्टंमूलकबीजंप्रलेपतः सिध्म । क्षारेण वा कदल्यारजनीमिश्रेण नाशयति ।।२२।।

22. The following two recipes should be applied externally for the cure of *sidhma*: (1) Seeds of *mūlaka*, made to a *kalka* by adding the juice of *śikhari*, and (2) The *kṣāra* (alkaline preparation) of *kadalī* mixed with *rajanī*.

(Cakradatt)

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साक्षारं गन्धकं लेपात् कटुतैलेन सिध्मजित् ।।२३।।

23. Take equal parts of *yavakṣāra* and purified *gandhaka* and triturate them along with mustard oil to obtain *kalka*. Apply this *kalka* on the affected parts. This cures *sidhma*.

कासमर्दकबीजानि मूलकानां तथैव च । गन्धाश्मचूर्णमिश्राणि सिध्मनां परमौषधम् ।।२४।।

24. Prepare a *kalka* from the seeds of *kāṣamarda*, *mūlaka* and *gandhapāṣāṇa* (100 gm. each). External application of this *kalka* is an excellent remedy for curing *sidhma*.

(Cakradatt)

गन्धपाषाणचूर्णेन यवक्षारेण लेपितम् । सिध्म नाशं व्रजत्याशु कटुतैलयुतेन च ।।२५।।

25. The powder of *gandhapāṣāṇa* and *yavakṣāra* (alkaline preparation from barley) should be made to a *kalka* by adding mustard oil to them. External application of this *kalka* cures *sidhma* type of *kuṣṭha*.

(Cakradatt)

कुष्ठंमूलकबीजंप्रियङ्गवः सर्षपास्तथा रजनी । एतत्केशरषष्ठं निहन्ति बहुवार्षिकं सिध्म ।।२६।।

26. Prepare a *kalka* from *kuṣṭha*, seed of *mūlaka*, *priyangu*, *sarṣapa*, *rajanī* and *keśara*. Application of this cures *sidhma* even if it is a chronic one.

(*Bhāvaprakāśa*)

नीलकुरण्टकपत्रैरालिप्य गात्रमात्रबहुशः । लिम्पेन्मूलकबीजैः पिष्टैस्तक्रेण सिध्मनाशाय ।।२७।।

27. Get leaves of *nīlakuraṇṭaka* smeared over the patches of *sidhma* thickly. Apply this paste, apply over it the *kalka* from the seeds of *mūlaka* (prepared by triturating them along with buttermilk). This cures *sidhma*.

(Cakradatt)

धात्रीफलाद्युद्वर्त्तनम्–

धात्रीफलः सर्जरसः सपाक्यः सौवीरपिष्टश्च तथायुतश्च ।
भवन्ति सिध्मानि यथा न भूयस्तथैवमुद्वर्त्तनकं करोति ।।२८।।

28. Prepare a *kalka* from the juice of *dhātrī*, *sarija rasa* (gum-resin from *śāla* tree) and *sapākya* (*viḍa lavaṇa*) by compounding them along with *sauvīra*

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(vinegar). External application of this cures and prevents further occurrence of different types of *sidhma*.

(Cakradatt)

अथ पामाचिकित्सा । तत्र लेपतैलादिप्रयोगाः–

बीजानि वा मूलकसर्षपाणां लाक्षारजन्यौ प्रपुनाडबीजम् ।
श्रीवेष्टकव्योषविडङ्गकुष्ठं पिष्ट्वा च मूत्रेण तु लेपनं स्यात् ।
दद्रूणि सिध्मं किटिमानि पामाकपालकुष्ठं विषमंचहन्यात् ।।२९।।

29. Prepare a *kalka* from the seeds of *mūlaka*, seeds of *sarṣapa*, *lākṣā*, *haridrā*, seeds of *prapunāḍa*, *śrīveṣṭaka*, *śunṭhī*, *pippalī*, *marica*, *viḍanga* and *kuṣṭha* by compounding them along with cow's urine. Application of this *kalka* cures different types of *dadru*, *sidhma*, *kiṭima*, *pāma* and severe type of *kapāla kuṣṭha*.

(Cakradatt)

सिन्दूरमरिचचूर्णं महिषीनवनीतसंयुतं बहुशः । लेपान्निहन्ति पामां तैलं करवीरसिद्धं वा ।।३०।।

30. Prepare a *kalka* from the powder of *sindūra* and *marica* by mixing them thoroughly with butter of buffalo-milk. Apply this *kalka* frequently to get cure from *pāma*. Similarly, oil cooked along with decoction or *kalka* of *karavīra* (roots or leaves) cures *pāma*.

(Cakradatt)

गन्धकप्रयोगः–

पिबति सकटुतैलं गन्धपाषाणचूर्णं रविकिरणसुतप्तं पामनो यः पलार्द्धम् ।
त्रिदिनतदनुसिक्तः क्षीरभोजी च शीघ्रंभवति कनकदीप्तिः कामरूपो मनुष्यः ।।३१।।

31. Get powder of *gandhapāṣaṇa* (150 gm.) and mix it with mustard oil (150 ml.). Keep the mix exposed to sunrays. Intake of this mix and its external application for three days makes the body of an individual dazzle like gold and enables him to move as he likes. During the use of this recipe, the patient should take only milk as diet.

(Cakradatt)

तत्रैडगजादिप्रभृतयो विविधा लेपाः–

एडगजातिलसर्षपकुष्ठं मागधिका लवणत्रयमस्तु ।
पूतिकृतं दिवसत्रयमेतद्धन्ति विचर्चिकदद्रुककुष्ठम् ।।३२।।

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32. Prepare a *kalka* from *edagaja* (*cakramarda*), *tila*, *sarṣapa*, *kuṣṭha*, *māgadhikā* and *saindhava*, *sauvarcala* and *viḍa* types of salt by mixing them with *mastu* (upper layer of curd or butter-milk). Keep the mix for three days till it gets fermented. External application of this potion cures *vicarcikā*, *dadru* and other varieties of *kuṣṭha*.

(Cakradatt)

स्नुक्काण्डशुषिरे दग्ध्वा गृहधूमं ससैन्धवम् । अन्तर्धूमं तैलयुक्तं लेपाद्धन्ति विचचिकाम् ।।३३।।

33. Take a thorn free (or make it the like) stem of *snuhī* and make a hole in it. Fill this hole with *gṛiha dhūma* (kitchen smoke) and rock salt each measuring 48 gm. Cover the mouth of this holed stem. Place this in an earthen bowl and properly close the mouth of the bowl. Heat up the bowl using *antardhūma* method. Finally allow it to cool down to atmospheric temperature and take out the ash. Mix this ash with mustard oil and apply it externally. It cures *vicarcikā*.

(Cakradatt)

स्नुक्काण्डे सर्षपात्कल्कः करीषानलपाचितः । लेपाद्विचर्चिकां हन्ति रागवेग इव त्रपाम् ।।३४।।

34. Take a stem of *snuhī*, cut it transversely and make a hole in it. Fill this hole with the *kalka* of mustard seeds. Coat the stem with mud and heat it up using *puṭa pāka* method. Finally allow it to cool down to atmospheric temperature and take out the ash. Mix this ash with mustard oil and apply it externally. It removes *vicarcikā* as the desire of sex dispels shame.

(Cakradatt)

पारदं शङ्खगन्धञ्च शिला चोत्तरवारुणी । प्रपुन्नाडश्च सर्पाक्षी मेघनादाग्निलाङ्गली ।।३५।।
भल्लातं गृहधूमञ्च मुनिगुञ्जास्नुहीपयः । अरिष्टं च गुडक्षौद्रं बागुजीबीजतुल्यकम् ।।३६।।
गोमूत्रैरारनालैर्वा पिष्ट्वा लेपञ्च कारयेत् । दद्रुमण्डलकण्डूञ्च विचर्च्चीञ्च विनाशयेत् ।।३७।।

35-37. Obtain 12 gm. powder each of purified *pārada*, *śankha bhasma*, purified *gandhaka*, purified *manahśilā*, root of *indrayava*, seeds of *cakramarda*, *gandhanakulī*, root of *tanḍulīya*, bark of *citraka*, root of *lāngalī*, purified *bhallātaka* fruit, ash of the kitchen smoke, bark of *agastya's* root, root of *guñjā*, latex of *snuhī*, leaves of *nimba*, old jaggery, honey and *vākucī*. First of all prepare a fine *kajjalī* out of *pārada* and *gandhaka* and mix rest of the materials into it. Triturate the compound along with cow urine and *kānji* and apply it daily on the

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leprosy affected parts. This would give relief from *dadru*, *manḍala* leprosy, *kanḍu* and *vicarcika*.

तत्र लेपाः–

नारिकेलोदरे न्यस्तस्तण्डुलः पूतिताङ्गतः । लेपाद्विपादिकां हन्ति चिरकालानुबन्धिनीम् ।।३८।।

38. Boiled rice should be kept inside coconut through making a hole into it. Let the rice remain there till putrification takes place. External application of this *kalka* cures even chronic *vipādi ka*.

(Cakradatt)

तिलकुसुमलवणगोजलकटुतैलंलौहभाजनेकृत्वा।शोषितमर्कमयूखैःपादस्फुटनंनिहन्तिलेपेन।।३९।।

39. Take 12 gm. each of sesame seeds or sesame flowers, rock salt, cow urine and mustard oil. Place them in an iron mortar and obtain fine powder out of them. Dry the powder under sun. Apply this *kalka* daily. This would cure the *pādasphuṭan* (feet cracking) disorder.

सर्जरससिन्धुसंभवगुडमधुमहिषाक्षगैरिकंसघृतम् ।सिक्थकमेतत्पक्वंपादस्फुटनापहंसिद्धम् ।।४०।।

40. Cook together 12 gm. measure each of *sarja rasa*, rock salt, jaggery, honey, *guggulu*, *ghṛitam* and bee's wax. External application of this ointment certainly cures cracks in the soles of the feet.

कच्छूचिकित्सा–

अवल्गुजं कासमर्दं चक्रमर्दं निशायुगम् । मणिमन्थञ्च तुल्यांशं मस्तुकाञ्जिकपेषितम् ।।४१।।
कण्डूं कच्छूं जयत्युग्रां सिद्ध एष प्रयोगराट् ।।४२।।

41-42. *Avalgujā*, *kāsamarda*, *cakramarda*, *niśā* and *manimantha* should be taken in equal quantities and triturated by adding *mastu* (butter-milk) and *kānjika* (a sour drink) to the compound. This *kalka* should be applied externally. It is an excellent recipe for successfully curing scabies and itches.

(*Yoga Ratnākar*).

कोमलसिंहास्यदलंसनिशंसुभीजलेनसम्पिष्टम् । दिवसत्रयेणनियतंक्षपयतिकच्छूविलेपनतः ।।४३।।

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43. Tender leaves of *simhāsya* (*vāsaka*) and *niśā* should be made to a fine *kalka* by triturating them along with cow's urine. External application of this *kalka* certainly cures scabies in three days.

(Cakradatt)

वायस्यादिगुडिकादयो विविधा लेपाः–

वायस्येडगजाकुष्ठकृष्णाभिर्गुडिका कृता । बस्तमूत्रेण सम्पिष्टा लेपाच्छ्वित्रविनाशिनी ।।४४।।

44. Take 12 gm. measure each of *vāyasi* (*kākamācī*), *eḍagaja*, *kuṣṭha* and *pippalī*. Compound them into a powder and prepare a *kalka* by saturating it with goat's urine. Prepare large size pills out of this mix. Rub these pills along with goat's urine or water and thus obtain a *kalka*. Application of this *kalka* cures leucoderma.

(Cakradatt)

पूतीकार्कस्नुङ्नरेन्द्रमाणां–मूत्रैः पिष्ट्वा पल्लवाः सौमनाश्च ।
लेपाच्छ्वित्रं हन्ति दद्रुव्रणांश्च कुष्ठान्यर्शांस्यस्रनाडीव्रणांश्च ।।४५।।

45. Take equal parts of *pūtikā*, *arka*, *snuhī*, *narendra druma* (*āragvadha*) and leaves of *jātī*. Compound these materials along with cow's urine. Its application cures leucoderma, *dadru*, ulcers, various types of *kuṣṭha*, piles and serious type of ulcer caused by sinus.

(Cakradatt)

गजचित्रव्याघ्रचर्ममसीतैलविलेपनात्।श्वित्रंनाशंव्रजेत्किंवापूतिकीटविलेपनात् ।।४६।।

46. Get equal parts of *gajapippalī*, *citraka*, *vāghrī*'s barks and prepare a *bhasma* out of them together. Combine this *bhasma* with sesame oil and prepare a *kalka* out of the compound. Application of this *kalka* cures leucoderma. Application of the *kalka* of *putikīṭa* based on sesame oil can also cure leucoderma.

(Cakradatt)

कुडवं वागुजीबीजं हरितालपलान्वितम् । गवां मूत्रेण सम्पिष्य लेपाच्छ्वित्रनाशनम् ।।४७।।

47. Prepare a paste from 192 gm. measure of *vākucī* and 48 gm. of *haritāla* by compounding them along with cow's urine. Application of this *kalka* brings normal colour on the leucoderma-affected skin.

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क्षारे सुदग्धे गजलिण्डजे च गजस्य मूत्रेण बहुस्रुते च ।
द्रोणप्रमाणं दशभागयुक्तं दत्त्वा पचेद्बीजमवल्गुजस्य ।।४८।।
एतद्यदा चिक्कणतामुपैति तदा सुसिद्धां गुडिकां प्रकुर्यात् ।
श्वित्रं प्रलिम्पेदथ तेन घृष्टं तदा व्रजत्याशु सवर्णभावम् ।।४९।।

48-49. Get dung of elephant and dry it thoroughly. Burn the same and obtain its ash in measure of 12 kg. Dissolve it in 13 litre measure of the elephant's urine. Filter it for seven or 21 times. Cook the filtered liquid till the original quantity is reduced to one fourth. Add to it *vākucī* powder equivalent to one-tenth of the amount of the liquid (i.e. 1200 gm.). Continue to cook it to make the preparation thick. Triturate the preparation and prepare pills measuring 1 gm. each. Pulverize one pill with water and apply the outcome as coating on the affected parts. This cures *śvitra* and the effected regions become fair like the other parts.

(Cakradatt)

श्वेतजयन्तीमूलं पीतं पिष्टञ्च गव्यपयसैव । श्वित्रं निहन्ति नियतं रविवारे वैद्यनाथाज्ञा ।।५०।।

50. Compound the roots of *śveta jayantī* (12 gm.) along with cow milk and obtain a *kalka*. On Sundays drink this *kalka* after straining. It checks leucoderma patch with the blessings of God Vaidyanātha.

(Cakradatt)

गुञ्जाफलाग्निचूर्णन्तुलेपितंश्वेतकुष्ठनुत् । शिलाऽपामार्गभस्मापिलिप्त्वा श्वित्रं विनाशयेत् ।।५१।।

51. Obtain fruit of *guñjā* (10 gm.) and bark of *citraka* (10 gm.). Also obtain *bhasmas* of *manahśilā* and *apāmārga* in equal parts. Pulverize all these materials along with cow urine. Application of this *kalka* cures *śvitra* disorder.

(*Rasendra Cintāmaṇī*)

ओष्ठश्वित्रनाशनो लेपः–

मुखे श्वेते च संजाते कुर्याच्चेमां प्रतिक्रियाम् । गन्धकं चित्रकाशीसं हरितालं फलत्रयम् ।
मुखे लिम्पेद्दिनैकेन वर्णनाशो भविष्यति ।।५२।।

52. When one is effected with *śvitra* on mouth and lips, he should apply the following *kalka* on the affected parts. Equal parts of *gandhaka*, red *citrakamūla*, *kaśīśa*, *haritāla*, *haraḍa*, *vibhītaka*, *āmalakī* should be pulverized along with water. Apply this *kalka* regularly.

(*Ci. Ma.*)

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क्वाथचूर्णादिप्रयोगाः–

धात्रीखदिरयोः क्वाथं पीत्वा च मधुसंयुतम् । शङ्खकुन्देन्दुधवलं जयेच्छ्वित्रं न संशयः ।।५३।।

53. Raise 25 gm. of the coarsely powdered mix of *dhātrī* and *khadira* and decoct it on a slow heat along with water measuring 400 ml., till it is reduced to one fourth. Treat it with honey (10 gm.). Taking this recipe checks leucoderma that has become white like conch-shell or like moon. There is no doubt about the effect of this recipe.

(Cakradatt)

धात्रीखदिरयोःक्वाथमवल्गुजरजोऽन्वितम् । पीत्वा शङ्खेन्दुकुन्दाभं हन्ति श्वित्रं न संशयः ।।५४।।

54. Raise 25 gm. of the coarsely powdered mix of *dhātrī* and *khadira* and decoct it on a slow heat along with water measuring 400 ml., till it is reduced to one fourth. Treat it with 1 gm. quantity of *vākucī* powder. Taking this recipe checks leucoderma that has become white like conch-shell or moon or *kunda* flower.

(Cakradatt)

सोमराजीप्रयोगौ (कुष्ठे)–

तीव्रेण कुष्ठेन परीतदेहो यः सोमराजीं नियमेन खादेत् ।
संवत्सरं कृष्णतिलद्वितीयां स सोमराजीं वपुषाऽतिशेते ।।५५।।

55. If a patient suffering from serious types of *kuṣṭha* takes seeds of *somarājī* (in doses of 2 gm.) as well as black variety of *tila* (in doses of 3 gm.) for one year according to the prescribed procedure, his body would dazzle like the moon.

(Cakradatt)

धर्मसेवीकदुष्णेन वारिणा वागुजीं पिबेत् । क्षीरभोजी च सप्ताहात्कुष्ठी कुष्ठं व्यपोहति ।।५६।।

56. *Vākucī* should be taken along with lukewarm water and the patient should expose himself to the sun. He should use only milk as diet. Use of this medication for one week cures *kuṣṭha*.

(Cakradatt)

कुष्ठघ्ना विविधा योगाः–

अवल्गुजबीजकर्षं पीत्वा कोष्णेन वारिणा । भोजनं सर्पिषा कार्यं सर्वकुष्ठविनाशनम् ।।५७।।

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57. Take 12 gm. measure of the seeds of *avalgujā* (*vākucī*) along with lukewarm water. It cures all types of *kuṣṭha*. The patient using this recipe should take meals along with adequate quantity of *ghṛitam*.

(Cakradatt)

छिन्नायाः स्वरसो वाऽपि सेव्यमानो यथाबलम् । जीर्णे घृतेन भुञ्जीत मुद्गयूषौदनेन च ।।५८।।
अपि पूतिशरीरोऽपि दिव्यरूपी भवेन्नरः ।।५९।।

58-59. Juice of *chinna* (*guḍūcī*) should be taken according to the capacity of the patient. After the digestion of this juice, he should take food containing rice along with *ghṛitam* and soup of *mudga*. The body which is emitting foul smells due to leprosy can also turn into a radiant form like the body of the gods, by taking this recipe.

(Cakradatt)

यः खादेदभयारिष्टमरिष्टामलकानि वा । स जयेत्सर्वकुष्ठानि मासादूर्ध्वं न संशयः ।।६०।।

60. The patient of *kuṣṭha* (skin diseases including leprosy) should take powders of *haraḍa* and *neem* leaves. Or he should take powders of *nimba* leaves as well as *āmalakī* in doses of 4 gm. Continuing either of the medications for one month checks all types of leprosy.

(Cakradatt)

कुष्ठवैरि तैलप्रयोगाः–

कुष्ठवैरिभवं तैलं कुष्ठघ्नं चर्मदोषनुत् । तन्मज्जा च मधूत्थेन लिप्तं गन्धाश्मना तथा ।
कुष्ठं सर्वविधञ्चैव नाशं याति न संशयः ।।६१।।

61. Application of *kuṣṭhavairi* as massage removes *kuṣṭha* and other skin problems. Or take the seed pulp of *kuṣṭhavairi* and prepare a *kalka* out of it along with wax and powder of *gandhaka*. Using this *kalka* also checks all types of *kuṣṭhas*.

कुष्ठानां विनिवृत्तौ च गोमूत्रं परमौषधम् । अभयासहितं तद्धि ध्रुवं सिद्धिप्रदं मतम् ।।६२।।

62. All types of *kuṣṭha* (skin diseases including leprosy) can be cured by drinking cow urine daily in quantity of 100 ml. Also the urine can be used for *prakṣālan* on the effected areas. *Prakṣālan* is as good as drinking the same. If one strictly adheres to the advised diet in leprosy case and every morning consumes

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100 ml. quantity of cow urine with 3-4 gm. measure of *harītakī* powder. Then the leprosy is definitely going to be cured.

दिग्बिन्दुप्रमितं पीतं तैलं कुष्ठघ्नसंभवम् । सुधोदकेन कुष्ठघ्नं त्रिंशद्बिन्दुमितेन हि ।।६३।।

63. One can take any anti- *kuṣṭha* (skin diseases including leprosy) oil and *kuṣṭhaghna* oil from eight to 10 drops. Also take 30 to 60 drops of *curṇodaka* (water of stone lime) and mix all the materials together. Daily drinking this liquid would surely cure *kuṣṭha* (skin diseases including leprosy).

आरग्वधादिक्वाथः–

आरग्वधो धातकिकर्णिकारधवार्जुनैः सर्जककिंशुकानाम् ।
कदम्बनिम्बौ कुटजाटरूषौ तथैव युक्ता खदिरेण मूर्वा ।।६४।।
मूलानि चैषानुपहृत्य सम्यगष्टावशेषः क्वथितः कषायः ।
घृतेन तुल्यं प्रतिमानमस्य निहन्ति सर्वाणि शरीरजानि ।।
कुष्ठानि सर्वाणि विसर्पदद्रुविचर्चिका हन्ति नरस्य शीघ्रम् ।।६५।।

64-65. Āragvadhādi Kvātha:

Ingredients: Pulp (*gudā*) of *āragvadha* fruit, flowers of *dhātakī*, *karavīra* and roots of *dhāva*, *arjuna*, *śāla*, *palāśa*, *kadamba*, *neem*, *kuṭaja*, *aḍuṣā*, *khadira* and *mūrvā*.

Process of Drug-Making: Take pulp (*gudā*) of *āragvadha* fruit, flowers of *dhātakī*, *karavīra* and roots of *dhāva*, *arjuna*, *śāla*, *palāśa*, *kadamba*, *neem*, *kuṭaja*, *aḍuṣā*, *khadira* and *mūrvā*. Raise 25 gm. of the coarsely powdered mix of the above ingredients and decoct it on a slow heat along with water measuring 400 ml., till it is reduced to one eighth.

Method of use/Administration: Add to the recipe 12 gm. of *ghṛitam* and drink.

Therapeutic benefits: This would alleviate disorders like *visarpa*, *dadru* and *vicarcikā* and all types of leprosy disorders.

मञ्जिष्ठादिक्वाथो लघुः–

मञ्जिष्ठात्रिफलातिक्तावचादारुनिशाऽभया । निम्बश्चैवकृतःक्वाथः सर्वकुष्ठं विनाशयेत् ।।६६।।
वातरक्तं तथा कण्डूं पामानं रक्तमण्डलम् । दद्रुं विसर्पं विस्फोटं पानाभ्यासेन नाशयेत् ।।६७।।

66-67. Manjiṣṭhādi Kvātha (Minor Recipe):

Ingredients: *Manjiṣṭhā*, *haraḍa*, *vibhītaka*, *āmalakī*, *kaṭukā*, *vacā*, *devadāru*, *haridrā*, *haraḍa*, bark of *nimba*.

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Process of Drug-Making: Take equal parts of *manjiṣṭhā*, *vibhītaka*, *āmalakī*, *kaṭukī*, *vacā*, *devadāru*, *haridrā*, *haraḍa* and bark of *nimba*. Obtain *haraḍa* two parts (as it is mentioned twice, once separately and then along with the *triphalā* combination). Coarsely powder all these ingredients together. Raise 25 gm. of this coarsely powdered mix and decoct it on a slow heat along with water measuring 400 ml., till it is reduced to one fourth.

Method of use/Administration: Drink the same.

Therapeutic benefits: This decoction is capable of curing all types of *kuṣṭha* (skin diseases including leprosy), *vāta rakta*, *kanḍu*, *pāma*, *rakta manḍala*, *dadru*, *visarpa* and *visphoṭaka*.

(*Bhāvaprakāśa*)

मञ्जिष्ठादिक्वाथो मध्यमः–

मञ्जिष्ठा वाकुची चक्रमर्दश्च पिचुमर्दकः । हरीतकी हरिद्रा च धात्री वासा शतावरी ।।६८।।
बला नागबला यष्टिमधुकं क्षुरकोऽपि च । पटोलस्य लतोशीरं गुडूची रक्तचन्दनम् ।।६९।।
मञ्जिष्ठादिमध्यक्वाथः कुष्ठानां नाशनः परः । वातरक्तस्य संहर्त्ता कण्डूमण्डलनाशनः ।।७०।।

68-70. Manjiṣṭhādi Kvātha (Middle Level Recipe):

Ingredients: *Manjiṣṭhā*, *vākucī*, seed of *cakramarda*, bark of *nimba*, *haraḍa*, *haridrā*, *āmalakī*, *aḍuṣā*, *śatāvarī*, root of *balā*, root of *nāgabalā*, *madhuyaṣṭī*, seeds of *kokilākṣa*, stem (*latā*) of *paṭola*, *uśīra*, *guḍūcī* and red sandalwood.

Process of Drug-Making: Take equal parts of the following: *manjiṣṭhā*, *vākucī*, seed of *cakramarda*, bark of *nimba*, *haraḍa*, *haridrā*, *āmalakī*, *aḍuṣā*, *śatāvarī*, root of *balā*, root of *nāgabalā*, *madhuyaṣṭī*, seeds of *kokilākṣa*, stem (*latā*) of *paṭola*, *uśīra*, *guḍūcī* and red sandalwood. Coarsely powder all these ingredients together. Raise 25 gm. of this coarsely powdered mix and decoct it on a slow heat along with water measuring 400 ml., till it is reduced to one fourth.

Method of use/Administration: Drink the same.

Therapeutic benefits: This decoction is known as *Manjiṣṭhādi Kvātha* and it is very helpful in curing *kuṣṭha*, *vāta rakta*, *kanḍu* and *manḍala*.

(*Bhāvaprakāśa*)

मञ्जिष्ठादिक्वाथो बृहत्–

मञ्जिष्ठाकुटजामृताघनवचाशुण्ठीहरिद्राद्वयंक्षुद्रारिष्टपटोलतिक्तकटुकाभार्गीविडङ्गाम्लिकम् ।।
मूर्वादारुकलिङ्गभृङ्गमगधात्रायन्तिपाठावरीगायत्रीत्रिफलाकिरातकमहानिम्बासनारग्वधाः ।।७१।।

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श्यामावल्गुजचन्दनं वरुणकं दन्तीकशाखोटकं–वासापर्पटशारिवाप्रतिविषानन्ताविशालाजलम् ।।
मञ्जिष्ठाप्रथनंकषायमितियःसंसेवतेतस्यतु–
त्वग्दोषास्त्वचिरेणयान्तिविलयंकुष्ठानिचाष्टादश ।।७२।।
नाशंगच्छतिवातरक्तमखिलानश्यन्ति रक्तामयावीसर्पस्त्वचि शून्यता नयनजा रोगाः प्रशाम्यन्ति च ।।

71-72. *Manjiṣṭhādi Kvātha (Major Recipe):*

Ingredients: *Manjiṣṭhā, kuṭaja, amṛitā, ghana, vacā, śunṭhī, haridrā, dāruharidrā, kṣudra, ariṣṭa, kaṭukī, bhārgī, viḍanga, amlikā, mūrvā, devadāru, kalinga, bhṛingarāja, māgadha, trayanti, pāṭhā, śatāvarī, gāyatrī, triphalā, kirātatikta, mahānimba, asana, āragvadha, śyāmā, avalgujā, candana, varṇa, dantī, śākhoṭaka, vāsā, parpaṭa, śārivā, rativiṣā, anantā, viśālā* and *jāla (hṛibera).*

Process of Drug-Making: Take equal parts of *manjiṣṭhā, kuṭaja, amṛitā, ghana, vacā, śunṭhī, haridrā, dāruharidrā, kṣudra, ariṣṭa, kaṭukī, bhārgī, viḍanga, agnika, mūrvā, devadāru, kalinga, bhṛingarāja, māgadha, trayanti, pāṭhā, śatāvarī, gāyatrī, triphalā, kirātatikta, mahānimba, asana, āragvadha, śyāmā, avalgujā, candana, varṇa, dantī, śākhoṭaka, vāsā, parpaṭa, śārivā, rativiṣā, anantā, viśālā* and *jāla (hṛibera).* Coarsely powder all these ingredients together. Raise 25 gm. of this coarsely powdered mix and decoct it on a slow heat along with water measuring 400 ml., till it is reduced to one fourth.

Therapeutic benefits: A person who takes this decoction daily becomes free from *tvagdoṣa* (skin ailments) and eighteen varieties of *kuṣṭha* (skin diseases including leprosy) quickly. This *Manjiṣṭhādi Kāṣāya* is also useful in *vāta rakta* (gout), *prasupti* (numbness), *visarpa* (erysipelas), constipation and in all diseases caused by the vitiation of blood.

(*Bhāvaprakāśa*)

आटरूषादिक्वाथः–
आटरूषामृतैरण्डावल्गुजं च हरीतकी । क्वाथ एषां हरेत्कुष्ठं वातरक्तञ्च दारुणम् ।।७३।।

73. *Āṭaruṣādi Kvātha:*

Ingredients: *Āṭaruṣa, guḍūcī,* root of *eranḍa, vākucī* and *haraḍa.*

Process of Drug-Making: Take all the above ingredients in equal parts. Coarsely powder them together. Raise 25 gm. of this coarsely powdered mix and decoct it on a slow heat along with water measuring 400 ml., till it is reduced to one fourth.

Method of use/Administration: Drink the same.

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Therapeutic benefits: It provides relief in cases of *kuṣṭha* and severe *vāta rakta*.

(*Bhāvaprakāśa*)

नवकषायः (व. से.)–

त्रिफलानिम्बपटोलंमञ्जिष्ठारोहिणीवचारजनी। एककषायोऽभ्यस्तोनिहन्तिकफपित्तजंकुष्ठम् ।।७४।।

74. Nava Kāṣāya:

Ingredients: *Harītakī*, *vibhītakī*, *āmalakī*, *nimba*, *paṭola*, *manjiṣṭhā*, *kaṭu rohiṇī*, *vacā* and *rajanī*.

Process of Drug-Making: This is a decoction-based formula involving all the ingredients in equal parts. Coarsely powder all these ingredients together. Raise 25 gm. of this coarsely powdered mix and decoct it on a slow heat along with water measuring 400 ml., till it is reduced to one fourth.

Method of use/Administration: Drink the same by adding *vākuci* powder (2 gm.).

Therapeutic benefits: It cures *kuṣṭha* caused by *kapha* and *pitta*.

(Vangasen)

बिभीतकादिक्वाथः श्वित्रे (भा. प्र.)–

बिभीतकत्वङ्मलयूजटानां क्वाथेन पीतं गुडसंयुतेन ।
अवल्गुजंबीजमपाकरोतिश्वित्राणिकृच्छ्राण्यपि पुंडरीकम् ।।७५।।

75. Vibhītakādi Kvātha:

Ingredients: Root of *vibhītaka*, bark of *kāṣṭhodumbar's* root, jaggery and powdered *vākucī*.

Process of Drug-Making: Prepare decoction of the root of *vibhītaka* and bark of *kāṣṭhodumbar's* root. Add jaggery and 2 gm. of powdered *vākucī* to the decoction.

Method of use/Administration: Drink this decoction daily.

Therapeutic benefits: It checks all types of *śvitra* and *puṇḍarīka kuṣṭha* (leprosy) disorders.

(*Bhāvaprakāśa*)

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पञ्चनिम्बचूर्णम्–

निम्बस्य पत्रं मूलानि सत्वक् पुष्पफलानि च । चूर्णितानि घृतक्षौद्रसंयुतानि दिने दिने ।।७६।।
लिह्यात् पिबेद्वा मूत्रेण संयुक्तान्युदकेन वा । मदिरामलतोयेन पयसा वा यथाबलम् ।।७७।।
भुञ्जीत घृतयूषाद्यैः शाल्यन्नं पयसाऽपि वा । सुर्वकुष्ठविसर्पार्शोनाडीदुष्टव्रणानपि ।।७८।।
कामलाञ्च गरानन्यांस्तथा पित्तकफास्रजान् । संवत्सरप्रयोगेण सर्ववर्ज्यविवर्जितः ।।
जयत्येतत्पञ्चनिम्बं रसायनमनुत्तमम् ।।७९।।

76-79. Pañcanimba Cūrṇam:

Ingredients: *Nimba* tree's leaves, root, bark, flowers and fruits.

Process of Drug-Making: Obtain *nimba* tree's leaves, root, bark, flowers and fruits in equal quantity. Churn these materials in equal parts and put the compound into a glass jar. This powder is known as *Pañcanimba Cūrṇa*.

Method of use/Administration: Consume this powder daily in doses of 3 gm. along with *ghṛitam* and honey. Also consume 4 gm. of this powder with cow urine or water, *āsava* and *ariṣṭa* like liquors, juice of *āmalakī* or cow milk. When one feels hungry (*kṣudā*), he should take *mudga yūṣa* containing *ghṛitam* and eat rice with milk.

Therapeutic benefits: By maintaining such diet and taking regular doses of *Pañcanimba Cūrṇa* one can get cure from all types of leprosy, *visarpa*, *arśa*, *nāḍivraṇa*, *duṣṭavraṇa*, jaundice and disorders of *pitta*, *kapha* and *rakta*. If one takes this medicine regularly for one year and also strictly adheres to the prescribed diet and avoids all the prohibited measures and edibles, he could become complrtely free from even severe leprosy and *rakta* disorders. The medicine also provides vital nutrients to the body.

पञ्चनिम्बादिचूर्णम् बृहत्–

पुष्पकाले चपुष्पाणिफलकाले फलानि च । सञ्चूर्ण्य पिचुमर्दस्य त्वङ्मूलानि दलानि च ।।८०।।
द्विरंशानि समाहत्य भागिकानि प्रकल्पयेत् । त्रिफला त्र्यूषणं ब्राह्मी श्वदंष्ट्रारुष्करागिनकाः ।।८१।।
विडङ्गसारवाराहीलौहचूर्णामृताः समाः । हरिद्राद्वयावल्गुजव्याधिघाताः सशर्कराः ।।८२।।
कुष्ठेन्द्रयवपाठाश्च कृत्वा चूर्णं सुसंयुतम् । खदिरासननिम्बानां घनक्वाथेन भावयेत् ।।८३।।
सप्तधा पञ्चनिम्बञ्च मार्कवस्वरसेन च । स्निग्धशुद्धतनुर्धीमान् गोलयेच्च शुभे दिने ।।८४।।
मधुना तिक्तहविषा खदिरासनवारिणा । सेव्यमुष्णाम्बुना वाऽपि कोलवृद्ध्या पलं पिबेत् ।।
जीर्णे च भोजनं कार्यं स्निग्धं लघु हितञ्च यत् ।।८५।।
विचर्चिकोदुम्बरपुण्डरीककापालदद्रूकिटिमालसादि ।
शतारुविस्फोटविसर्पपामाःकुष्ठप्रकोपं विविधं किलासम् ।।८६।।
भगन्दरं श्लीपदवातरक्तं जडान्ध्यनाडीव्रणशीर्षरोगान् ।

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सर्पान्प्रमेहान् प्रदरांश्चसर्वान् दंष्ट्राविषं मूलविषं निहन्ति ।।८७।।
स्थूलोदरःसिंहकृशोदरश्चसुश्लिष्ट सन्धिर्मधुनोपयोगात् ।
समोपयोगादपि ये दशन्तिसर्पादयोयान्तिविनाशमाशु ।।
यावच्चिरं व्याधिजराविमुक्तः शुभेरतश्चन्द्रसमानकान्तिः ।।८८।।

80-88. Pañcanimba Cūrṇam (Major Variety):

Ingredients: Flowers, fruits, bark, roots and leaves of *picumarda* (*neem*), *harītakī*, *vibhītaka*,- *āmalakī*, *śunṭhī*, *pippalī*, *marica*, *brāhmī*, *śavadmṣṭra*, *aruṣkara* (*bhallātaka*), sugar, *kuṣṭha*, *indrayava*, *pāṭhā*, decoctions of *khadira*, *asāna*, *nimba* and juice of *mārkava* (*bhṛingarāja*).

Process of Drug-Making: Obtain flowers, fruits, bark, roots and leaves of pichumarda (*neem*) according to the season and dry them. Combine them together and prepare a powder of them. Thus raise 96 gm. measure of this powder. Also take 48 gm. measure each of *harītakī*, *vibhītaka*, *āmalakī*, *śunṭhī*, *pippalī*, *marica*, *brāhmī*, *śavadmṣṭra*, *aruṣkara* (*bhallātaka*), sugar, *kuṣṭha*, *indrayava* and *pāṭhā*. Combine them together and triturate them along with separate decoctions of *khadira*, *asana* and *nimba* and the juice of *mārkava* (*bhṛingarāja*) for seven consecutive times. Subsequently, dry this preparation.

Method of use/Administration: The wise-physician should start the use of this recipe on an auspicious day after the administration of *snehana* (oleation) and purification (*śodhana*) therapies on the patient. This medicine is to be taken along with warm water and *anupāna* of either of the folllowing: honey or *Tikta Satpala Ghṛita* or the decoction of *khadira* and *asana*. It should be started with the dose of 1 *kola* and the dose should be gradually increased at the rate of 1 *kola* per day, till it reaches to 48 gm.. After the digestion of this recipe, one should take unctuous, light and wholesome food.

Therapeutic benefits: Administration of this recipe cures *vicarcikā*, *udumbara*, *puṇḍarīka*, *kapāla*, *dadru*, *kiṭṭibha*, *alasa* and *śataru* types of *kuṣṭha*, *visphoṭa*, *visarpa* (erysipelas), *pāma*, diseases caused by the aggravation of *kapha*, three varieties of *kilāsa* (a type of leucoderma), *bhagandara* (fistula-in-ano), *śīpada* (filariasis), *vāta rakta* (gout), blindness by birth, *nāḍi vraṇa* (sinus), diseases of head, different types of *pradra* (menorrhagia), *damṣṭra viṣa* (poisoning by teeth) and *mūlaviṣa* (root poison). If this recipe is taken along with honey, it cures *sthūlodara* (fatty abdomen), *simhodara* (thin abdomen), and causes the compactness of the joints. If snakes, etc. (poisonous creatures) bite a person that has taken this recipe continuously for one year, the creatures themselves succumb

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to the bitting. The user of this recipe lives a long life free from disease and adverse effects of old age. He is endowed with auspiciousness and he dazzles like the moonlight.

(Cakradatt)

सप्तसमो योगः (च. द.)–

तिलाज्यत्रिफलाक्षौद्रव्योषभल्लाश्चशर्कराः । वृष्यःसप्तसमो मेध्यः कुष्ठहा कामचारिणः ।।८९।।

89. Take one part each of the black sesame seeds, *ghṛitam*, *tṛiphalā* (combined), honey, *tṛikaṭu* (combined), purified *bhallātaka* and raw sugar. Pulverize all these materials and after mixing them with *ghṛitam* and honey, store the recipe. This medicine is known as *Saptasama Yoga*. Consume this medicine in doses of 1-2 gm. This medicine has *vṛiṣya*, intellect-promoting and anti-leprosy properties. While consuming this medicine one should not worry much about the dietary regulations.

(Cakradatt)

श्वेतारिरसः–

शुद्धं सूतंसमंगन्धं त्रिफलां भृङ्गवागुजीम् । भल्लातकं तिलं कृष्णं निम्बबीजं समं समम् ।।९०।।
मर्दयेद् भृङ्गजद्रावैः शोष्यं पेष्यं पुनः पुनः । इत्थं कुर्युस्त्रिसप्ताहं रसः श्वेतारिको भवेत् ।।९१।।
मध्वाज्यैर्निष्कमात्रं तु खादेच्छ्वेतं विनाशयेत ।।९२।।

90-92. Śvetāri Rasa:

Ingredients: Purified mercury, *gandhaka*, *harītakī*, *vibhītaka*, *āmalakī*, *bhṛingarāja*, *vākucī*, *bhallātaka*, black variety of *tila*, seeds of *nimba* and juice of *bhṛingarāja*.

Process of Drug-Making: Take equal parts of the following: purified mercury, *gandhaka*, *harītakī*, *vibhītaka*, *āmalakī*, *bhṛingarāja*, *vākucī*, *bhallātaka*, black variety of *tila* and seeds of *nimba*. Impregnate them repeatedly with the juice of *bhṛingarāja* for three weeks and simultaneously triturate the mix. This is called *Śvetāri Rasa*.

Method of use/Administration: This recipe should be taken in the doses of 500 mg. each time along with honey and *ghṛitam*.

Therapeutic benefits: It cures leucoderma.

(*Rasendra Cintāmaṇī*)

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तालकेश्वरः–

कूष्माण्डत्रिफलातैलकन्याकाञ्जिकभावितम् । तालकं तुल्यगन्धं स्यादर्द्धपारदमर्दितम् ।।९३।।
अजाक्षीरेण निम्बूककन्यातोयैर्दिनत्रयम् । प्रत्येकं भावयेच्छुष्कं चक्रिकाकारतां गतम् ।।९४।।
विपचेद्धण्डिकामध्येपलाशक्षारमध्यगम् । यामान्द्वादशशीतेऽस्मिन्प्रयोज्यो रक्तिकामितः ।।९५।।
हन्त्यष्टादशकुष्ठानि रोमविध्वंसनं तथा । द्विविधं वातरक्तं च नाडीं दुष्टव्रणानि च ।।९६।।

93-96. Tālakeśvara Rasa:

Ingredients: Purified *haritāla* (48 gm.), *kūṣmāṇḍa*, decoction of *tṛiphalā*, oil, juice of *ghṛitakumārī*, *kānji*, purified *gandhaka*, purified *pārada*, goat milk, juice of lemon, juice *ghṛitakumārī*, *palāśa* and *kṣāra* of *palāśa*.

Process of Drug-Making: Take purified *haritāla* (100 gm.) and swoon the same separately along with the following for seven times each: juice of *kūṣmaṇḍa*, decoction of *tṛiphalā*, oil, juice of *ghṛitakumārī* and *kānji*. Simultaneously, process the recipe for three times each with same materials using the *Dolāyañtra* method. Following this, dry the preparation and by adding purified *gandhaka* (100 gm.) and purified *pārada* (50 gm.) to it, prepare *kajjalī*. Pulverize the same and triturate it individually with goat milk, juice of lemon and juice of *ghṛitakumārī* for three days. After properly triturating the preparation, make discs out of it and dry them. Keep these discs in a jar of *palāśa* and fill *kṣāra* of *palāśa* both on top and bottom of the discs. Cook the same for 12 *praharas* (36 hours). Remove the same and let it cool down.

Method of use/Administration: Consume this medicine in doses of 125 mg. daily with honey.

Therapeutic benefits: This medicine is capable of curing *kuṣṭha* (skin diseases including leprosy), hair problem, *dvidha* (*uttān* and *gambhīra*) *vāta rakta*, *nāḍi vraṇa* and *duṣṭavraṇa*.

(*Rasendra Kalpadruma*)

तालकेश्वरोऽपरः–

दद्रुघ्नबाणाङ्घ्रिरसं दत्त्वा तालं सुचूर्णितम् । पुनः पुनश्च सम्मर्द्य शुष्कं कृत्वा पुटे दहेत् ।।९७।।
दृढस्थाल्यां धृतं क्षारं पालाशञ्चाप्युपर्य्यधः । ततो ज्वाला प्रदातव्या दिनरात्रे मृतं भवेत् ।।९८।।
शुक्लवर्णं यदा च स्यादग्नौ दत्ते न धूमकम् । तदा ज्ञातं मृतं तालं सर्वकुष्ठविनाशनम् ।।९९।।
गलत्कुष्ठं वातरक्तं ताम्रवर्णञ्च मण्डलम् । शीतपित्तमहादद्रुच्छुच्छुन्दरविनाशनम् ।।
पथ्यं मसूरं चणकं मुद्गसूपं यथेच्छया ।।१००।।

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97-100. Tālakeśvara Rasa (Second Recipe):

Ingredients: Purified leaves of *haritāla*, juice of *cakramarda*, decoction of *śarapunkha*, *kṣāra* of *palāśa*, decoction of *cakramarda* and *śaraphunkha*.

Process of Drug-Making: Take purified leaves of *haritāla* in 100 gm. measure. Pulverize the same and triturate it along with juice of *cakramarda* and decoction of *śarapunkha* for three hours each. Prepare discs and dry them. Put the compound in one *handikā* and fill it with *kṣāra* of *palāśa* from both top and bottom sides. Cook it for 24 hours. Subsequently, triturate these discs separately with decoction of *cakramarda* and *śaraphunkha* for three hours each. Once again prepare same type of discs and heat it up through the *puṭapāka* method. In this way, this compound should be triturated and processed through the *puṭapāka* method for several times with *cakramarda* and *śarapunkha* decoctions. When the complexion of the *bhasma* turns white and it does not yield any smoke when kept on fire, it reflects that the compound has become a complete *bhasma*. Thus obtain 5 kg. of this *palāśa bhasma*. At this moment, the process of *puṭpāka* and triturate ing should be stopped.

Method of use/Administration: While consuming this medicine, the diet should include lentil, gram, *mudga* pulses, etc.

Therapeutic benefits: This medicine is known as *Tālkeśvara* and is capable of curing all types of *kuṣṭha* (skin diseases including leprosy), especially the *galitkuṣṭha*, *vāta rakta*, *manḍala kuṣṭha* of *tāmra varṇa*, *śītapitta*, severe *dadru* and the like.

महातालकेश्वरः–

सम्मर्द्य तालकं शुष्कंवंशपत्राख्यमुच्चकैः । कूष्माण्डनीरे सम्भाव्य त्रिदिनं शोषयेत्पुनः ।।१०१।।
घृतकन्याद्रवैर्भूयो भावयेच्च दिनत्रयम् । सम्मर्द्य काञ्जिकेनैव दध्नाऽम्लेन विमर्दयेत् ।।१०२।।
सम्मर्द्य चूर्णं सलिले रसे पौनर्नवे पुनः । त्रिदिनं मर्दयित्वा तु कारयेत्खटिकाकृतिम् ।।१०३।।
स्थाल्यां दृढतरायान्तु पलाशक्षारसञ्चयम् । उपर्यधस्तालकस्य क्षारं दत्त्वा शरावकैः ।।१०४।।
पिधाय लेपयेद्यत्नात्पूरयेत्क्षारसञ्चयम् । पुना रुद्धं शरावेण लेपयेत्तद् दृढं ततः ।।१०५।।
द्वात्रिंशद्यामपर्यन्तं वह्निज्वाला प्रदीयते । एवं सिद्धेन तालेन गन्धतुल्येन मेलयेत् ।।१०६।।
द्वयोस्तुल्यं जीर्णताम्रं वालुकायन्त्रगं पचेत् । अयं तालेश्वरो नाम रसः परमदुर्लभः ।।१०७।।
हन्त्यष्टादशकुष्ठानि वातशोणितनाशनः । रक्तमण्डलमत्युग्रं स्फुटितं गलितं तथा ।।१०८।।
बहुरूपं सर्वजातं नाशयेदविकल्पतः । दुष्टव्रणञ्च वीसर्पं त्वग्दोषञ्च विनाशयेत् ।।१०९।।
दृष्टो वारसहस्रञ्च रोगवारणकेशरी ।।११०।।

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101-110. Mahātalakeśvara Rasa:

Ingredients: *Haritāla*, juice of *kuṣmānḍa*, juice of *ghṛitakumārī*, *kānji*, curd, water, juice of *punarnavā*, *palāśakṣāra* or filtered *palāśa bhasma*, purified *gandhaka* and *tāmra bhasma*.

Process of Drug-Making: Take 48 gm. measure of the foils of the *haritāla* and process them through *bhāvanā* method along with juice of *kuṣmānḍa* and triturate them for three hours. Cover the compound with a glass jar and put it under sun. Carry out this process for three days. Similarly, repeat the above process with the juice of *ghṛitakumārī*, *kānji*, curd, water and juice of *punarnavā* for three days each. Prepare discs out of the compound and dry them. Take a jar, fill half of the jar with *palāśa kṣāra* or filtered *palāśa bhasma*. Put the discs on it. Cover the pot with an earthen plate. Seal the joint with pieces of cotton wet in mud. Cook the pitcher for 32 *praharas* (96 hours). When the *yañtra* cools down, remove out the *haritāla bhasma* and churn it with equal part of purified *gandhaka*. Add *tāmra bhasma* twice the quantity of *haritāla* to the preparation and triturate all these three materials together. Prepare discs and dry them. Put these discs inside a *śarāva saṁpuṭa* and place this *saṁpuṭa* in a *Bālukā Yañtra*. Cook the same for 32 *yāmas*. Remove the compound from the *yañtra* when it is cooled. Churn the compound and fill it in a glass bottle. The medicine is known as *Tāleśvara Rasa*.

Therapeutic benefits: This medicine is capable of curing 18 types of leprosy, *vāta rakta*, very severe *rakta manḍala*, *sphuṭit* and *galita* leprosy and various types of leprosy, *duṣṭavraṇa*, *visarpa* and skin problems. This medicine is a proven cure for leprosy and related skin problems.

महातालेश्वरो रसः (र. सा. सं.)–

तालताप्यशिलासूतं शुद्धटङ्कणसैन्धवम् । समं सञ्चूर्णयेत् खल्ले सूताद् द्विगुणगन्धकम् ।।१११।।
गन्धाद् द्विगुणलौहञ्च जम्बीराम्लेन मर्दयेत् । ततो लघुपुटे पाच्यं स्वाङ्गशीतं समुद्धरेत् ।।११२।।
त्रिंशदंशं विषञ्चात्र क्षिप्त्वा सर्वविचूर्णयेत् । महिषाज्येन सम्मिश्रं गुञ्जैकं भक्षयेद् सदा ।।११३।।
मध्वाज्यैर्वागुजीचूर्णं माषमात्रं लिहेदनु । सर्वान् कुष्ठान् निहन्त्याशु महातालेश्वरो रसः ।।११४।।

111-114. Mahātāleśvara Rasa (Second Recipe):

Ingredients: *Haritāla*, *tāpya*, *manahśilā*, purified mercury, rock salt, *tañkaṇa*, *gandhaka*, *lauha bhasma*, *jambīra* lemon juice and purified *vatsanābha* powder.

Process of Drug-Making: Obtain 1 part each of *haritāla*, *tāpya*, *manahśilā*, purified mercury, rock salt, *tañkaṇa* along with *gandhaka* (2 parts) and *lauha*

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bhasma (4 parts). Prepare a *kajjalī* out of *gandhaka* and *pārada* and mix rest of the materials into it. Triturate the powder in *jambīra* lemon juice for three hours. Make discs out of the preparation and place them inside a pair of earthen plates (*śarāva saṁpuṭa*). Place the plates in a *laghu puṭa* and heat up the same. When the preparation gets cool down to atmospheric temperature remove out the cooked medicine. Add to it purified *vatsanābha* powder measuring one-thirtieth part.

Method of use/Administration: This medicine is to be taken in doses of 125 mg. along with buffalo *ghṛitam*. After taking this, the patient should take 1 gm. powder of *vākucī* along with honey and *ghṛitam*.

Therapeutic benefits: This medicine is called *Mahātaleśvara Rasa*. It checks all types of *kuṣṭha* disease.

(*Rasendra Sār Sangraha*)

उदयभास्करः–

गन्धकेन हतं ताम्रं दशभागं समुद्धरेत् । ऊषणं पञ्चभागं स्याद्मृतञ्च द्विभागिकम् ।।११५।।
दातव्यं कुष्ठिने सम्यगनुपानस्य योगतः । गलिते स्फुटिते चैव विपुले मंण्डले तथा ।।
विचर्चिकादद्रुपामासर्वकुष्ठप्रशान्तये ।।११६।।

115-116.Udaya Bhāskara:

Ingredients: *Tāmra bhasma* obtained by treating with the purified *gandhaka*, black pepper and purified *vatsanābha viṣa*.

Process of Drug-Making: Take 10 parts of *tāmra bhasma* and black pepper (two parts), purified *vatsanābha viṣa* (two parts) and compound them together. Fill the compound in glass bottle.

Method of use/Administration: Consume this medicine daily in doses of 62-125 mg. with proper *anupānas*.

Therapeutic benefits: It gives relief from *galita kuṣṭha*, *sphuṭit kuṣṭha*, *vipula maṇḍala kuṣṭha*, *vicarcikā*, *dadru*, *pāma* and all types of *kuṣṭha* (skin diseases including leprosy).

(*Rasendra Cintāmaṇī*)

रसमाणिक्यम्–

तालकं वंशपत्राख्यं कुष्माण्डसलिलेक्षिपेत् । सप्तधावात्रिधावाऽपिदध्नाऽम्लेनतथैव च ।।११७।।
शोधयित्वापुनःशुष्कंचूर्णयेत्तण्डुलाकृति । ततःशरावकेयन्त्रे स्थापयेत्ककुशलो भिषक् ।।११८।।
बदरीपल्लवोत्थेन लेपनं करयेत्ततः । अरुणाभमधः पात्रं तावज्ज्वाला प्रदीयते ।।११९।।

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स्वाङ्गशीतं समुद्धृत्य माणिक्याभोभवेद्रसः । घृतक्षौद्रेण सम्मर्द्य खादयेद्रक्तिकामितम् ।।१२०।।
सम्पूज्य देवदेवेशं कुष्ठरोगाद्विमुच्यते । स्फुटितं गलितं कुष्ठं वातरक्तं भगन्दरम् ।।१२१।।
नाडीव्रणं व्रणं दुष्टमुपदंशं विचर्चिकाम् ।।१२२।।
नासास्यसम्भवान्रोगान्क्षतान्हन्यात्सुदारुणान् । पुण्डरीकञ्चचर्माख्यंविस्फोटंमण्डलंतथा।।१२३।।

117-123. Rasamāṇikyam:

Ingredients: *Vanśapatra*, *kuṣmānḍa* juice, water of curd, *kānji*, white *abhraka* foils and *kalka* of *kola* leaves.

Process of Drug-Making: Take *vanśapatra* or the *haritāla* (100 gm.). Also take *kuṣmānḍa* juice (500 ml.), water of curd (250 ml.) and *kanji*. Swoon the *vanśapatra* for seven or three times with each of the rest materials according to *Dolāyañtra* method for 12 hours each. Dry the compound and prepare pills similar to paddy seeds. Put these pills in *śarāva saṁpuṭa*. Take another pitcher and put white *abhraka* foils and place pieces of *haritāla* over those foils and finally cover them with other white *abhraka* foils. Cover the mouth of the pitcher with a plate (*sakora*). Apply the *kalka* of *kola* leaves to closely cover it. Methodologically cook the *saṁpuṭa*. One should stop giving fire when the bottom of the pitcher becomes red. Let the *saṁpuṭa* cool down on its own. Take out the compound that has turned into the shape of *māṇikya*. Store the same in glass bottle.

Method of use/Administration: After worshiping God Śiva, consume this medicine in doses of 125 mg. along with *ghṛitam* and honey.

Therapeutic benefits: Intake of this medicine helps to get relief from *kuṣṭha* (skin diseases including leprosy). This *Rasa Māṇikyam* is very effective in checking *sphuṭit kuṣṭha*, *galita kuṣṭha*, *vātarakta*, *bhagandara*, *nāḍivraṇa*, *duṣṭavraṇa*, *upadamśa*, *vicarcikā*, nose and mouth disorders, severe *kṣata*, *puṇḍarīka*, *kuṣṭha*, skin *kuṣṭha*, *visphoṭa* and *manḍala kuṣṭha*.

माणिक्यो रसः (र. सा. सं.)–

पलं तालं पलं गन्धं शिलायाश्च पलार्द्धकम् । चपलः शुद्धसीसञ्च ताम्रमभ्रमयोरजः ।।१२४।।
एतेषां कोलभागञ्च वटक्षीरेण मर्दयेत् । ततो दिनत्रयं धर्मे निम्बक्वाथेन भावयेत् ।।१२५।।
गुडूचीबालहिन्तालवानरीनीलझिण्टिकाः । शोभाञ्जनमुराऽजाजीनिर्गुण्डीहयमारकम् ।।१२६।।
एषां शाणमितं चूर्णमेकीकृत्य सरित्तटे । मृत्पात्रे कठिने कृत्वा मृदम्बरयुते दृढे ।।१२७।।
एकाकी पाकविद्वैद्यो नग्नः शिथिलकुन्तलः । पचेदवहितो रात्रौ यत्नात्संयतमानसः ।।१२८।।
तद्विजानीहि भैषज्यं सर्वकुष्ठविनाशनम् । सर्पिषा मधुना लौहपात्रे तद्दण्डमर्दितम् ।।१२९।।
द्विगुञ्जं सर्वकुष्ठानां नाशनं बलवर्द्धनम् । शीतलं सारसं तोयं दुग्धं वा पाकशीतलम् ।।१३०।।
आनीतं तत्क्षणादाजमनुपानं सुखावहम् । वातरक्तं शीतपित्तं हिक्काञ्च दारुणां जयेत् ।।१३१।।

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ज्वरान्सर्वान्वातरोगान्पाण्डुंकण्डूञ्च कामलाम् । श्रीमद्गहननाथेन निर्मितो बहुयत्नतः ।।१३२।।

124-132. Māṇikya Rasa:

Ingredients: Purified *haritāla*, purified *gandhaka*, purified *manahśilā*, purified *pārada*, *nāga bhasma*, *tāmra bhasma*, *abhraka bhasma*, *lauha bhasma*, decoction of *nimba*, *guḍūcī*, *sugandhabālā*, *mahātāla*, purified seeds of *kraunca*, black flowered *sahacarā*, bark of *śobhāñjana*, *murāmānsī*, cumin seeds, roots of *nirgunḍī* and *karavīra*.

Process of Drug-Making: Obtain 48 gm. each of purified *haritāla* and purified *gandhaka* along with 24 gm. measure of purified *manahśilā*, 6 gm. each of purified *pārada*, *nāga bhasma*, *tāmra bhasma*, *abhraka bhasma* and *lauha bhasma*. Methodologically triturate all these material along with milk for three days. Subsequently, impregnate the mix with decoction of *nimba* and triturate it again in sunlight. Following this, add to the preparation powders measuring 3 gm. each of *guḍūcī*, *sugandhabālā*, *mahātāla*, purified seeds of *kraunca*, black flowered *sahacarā*, bark of *śobhāñjana*, *murāmānsī*, cumin seeds, roots of *nirgunḍī* and *karavīra*. Fill this preparation in a hard pitcher that has been coated with mud. During the nighttime, in a lone area, the physician should remove his clothes and methodologically and carefully cook the same.

Method of use/Administration: Daily consume this medicine after collecting 250 mg. of this medicine along with *ghṛitam* and honey in an iron jar and pulverizing it with an iron mortar. In *anupānas*, one can take cold water of a pond, cool boiled milk, goat milk (*dharoṣaṇa* i. e. naturally lukewarm).

Therapeutic benefits: This *Māṇikya Rasa* is capable of checking *vātarakta*, *śitapitta*, severe hiccups, all types of fever, *vātaroga*, *pāṇḍu*, *kaṇḍu* and jaundice. This medicine has been prepared after various attempts by Śrī Gahannāthjī. This should be considered as cure for all *kuṣṭha* problems.

(*Rasendra Sār Sangraha*)

राजराजेश्वररसः (र. सा. सं.)–

आतपे मर्दयेत्सूतं गन्धकं मृतताम्रकम् । सुहस्तमर्दितं तालं यावत्तत्र विलीयते ।।१३३।।
भृङ्गराजद्रवं दत्त्वा दिनमात्रं विमर्दयेत् । त्रिफला खादिरं सारममृता वागुजीफलम् ।।१३४।।
प्रत्येकं सूततुल्यं स्याच्चूर्णीकृत्यविमर्दयेत् । मध्वाज्याभ्यांलौहपात्रेमाषाभ्यां भक्षयेत्ततः ।।१३५।।
दद्रुकिट्टिमकुष्ठानि मण्डलानि विनाशयेत् । द्विगुञ्जेन निहन्त्याशु राजराजेश्वरो रसः ।।१३६।।

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133-136. Rājarājeśvara Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, *tāmra bhasma*, purified *haritāla*, juice of *bhṛingarāja*, *haraḍa*, *vibhītaka*, *āmalakī*, *khadirsāra*, *guḍūcī* and *vākucī*.

Process of Drug-Making: Take 10 gm. each of purified *pārada*, purified *gandhaka*, *tāmra bhasma* and purified *haritāla*. Methodologically prepare *kajjalī* and mix rest of the materials into it. Triturate the mix with juice of *bhṛingarāja* for one day. Subsequently, add to the receipe 10 gm. each of *haraḍa*, *vibhītaka*, *āmalakī*, *khadirsāra*, *guḍūcī* and *vākucī*. Triturate the mix and store it in a glass jar.

Method of use/Administration: This *Rājarājeśvara Rasa* is to be taken daily in doses of 125 mg. along with honey and *ghṛitam* (in unequal quantities) only after pulverizing these three materials in a small iron mortar.

Therapeutic benefits: This medicine helps in providing relief from *dadru*, *kiṭṭim* and *maṇḍala kuṣṭha*.

(*Rasendra Sār Sangraha*)

पारिभद्ररसः (र. सा. सं.)–

मूर्च्छितं सूतकं धात्रीफलं निम्बस्य चाहरेत् । तुल्यांशं खदिरक्वाथैर्दिनं मर्द्यञ्च भक्षयेत् ।।
गुञ्जैकं दद्रुकुष्ठघ्नः पारिभद्राह्वयो रसः ।।१३७।।

137.Pāribhadra Rasa:

Ingredients: *Rasa sindūra*, *āmalakī* flowers, pulp of *neem* fruits and decoction of *khadira*.

Process of Drug-Making: Take powders measuring 12 gm. each of *rasa sindūra*, *āmalakī* flowers and pulp of *neem* fruits. Triturate this mix along with the decoction of *khadira* for one day. Subsequently, dry these mix and store the same.

Method of use/Administration: This *Pāribhadra Rasa* is to be taken daily in doses of 125 mg.

Therapeutic benefits: It gives relief from *dadru* and *kuṣṭha*.

(*Rasendra Sār Sangraha*)

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लङ्केश्वरो रसः (र. सा. सं.)–

भस्मसूताभ्रशुल्वानि गन्धं तालं शिलाजतु । अम्लवेतसतुल्यांशं त्र्यहं दत्त्वा विमर्दयेत् ।।१३८।।
मध्वाज्याभ्यांवटींकुर्याद्द्विगुञ्जांभक्षयेत्ततः । कुष्ठंहन्ति गजं सिंहो रसो लङ्केश्वरो महान् ।।१३९।।
त्रिफलानिम्बमञ्जिष्ठावचापाटलमूलकम् । कटुकारजनीक्वाथं चानुपानं प्रयोजयेत् ।।१४०।।

138-140. Lankeśvara Rasa:

Ingredients: *Pārada bhasma* or *rasa sindūra*, *abhraka bhasma*, *tāmra bhasma*, *haritāla*, *śilājatu*, *āmla vetasa*, honey and *ghṛitam*.

Process of Drug-Making: Take equal parts of *pārada bhasma* or *rasa sindūra*, *abhraka bhasma*, *tāmra bhasma*, *haritāla* and *śilājātu* along with *āmla vetasa* measuring 6 parts. Compound them together for three days. Thereafter, by adding honey and *ghṛitam*, prepare pills measuring 250 mg. each.

Method of use/Administration:. Regular intake of one such pill cures *kuṣṭha*. It should be taken along with the *anupāna* (post-medicinal drink) of the decoction of *harītakī*, *vibhītaka*, *āmalakī*, *nimba*, *manjiṣṭhā*, *paṭola*, *vacā*, *kaṭukī* and *rajanī*(all taken in equal quantities).

Therapeutic benefits: Its effect is similar to an elephant that has been subdued by a lion. This reputed recipe is called *Lankesvara Rasa*.

(*Rasendra Sār Sangraha*)

कुष्ठारिरसः (र. सा. सं.)–

काष्ठोदुम्बरिकाचूर्णं ब्रह्मदण्डीबलात्रयम् । प्रत्यहं मधुना लीढं वातरक्तापहं नृणाम् ।।१४१।।
क्षरद्रक्तञ्चलन्मांसं मासमात्रेण सर्वथा । गलत्पूयं पतत्कीटं त्रिटङ्कं सेव्यमीरितम् ।।१४२।।

141-142. Kuṣṭhāri Rasa:

Ingredients: Powdered *kaṣṭaudumbara*, *bhārgī*, *balā*, *nāgabalā* and *atibalā*.

Process of Drug-Making: Obtain equal parts of powdered *kaṣṭaudumbara*, *Bhārgī*, *balā*, *nāgabalā* and *atibalā*.

Method of use/Administration: This *Kuṣṭhāri Rasa* is to taken daily in doses of three *tank* (modern dose 3 gm.) with honey.

Therapeutic benefits Consuming the medicine for one month would help in alleviating *vātarakta*, *kuṣṭha* accompanied with *raktasrāvana* (bleeding), *kuṣṭha* accompanied with *mansakṣaya*, *kuṣṭha* accompanied with *galitpūya* and *kuṣṭha* accompanied with germs.

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कुष्ठनाशनो रसः (र. सा. सं.)–

चिरबिल्वपत्रं पथ्या शिरीषञ्च बिभीतकम् । काष्ठोदुम्बरिकामूलं मूत्रैरालोड्य फेनितम् ।।१४३।।
कर्षमात्रं पिबेद्रोगी गोस्तन्या सह टङ्कणम् । सप्तसप्तकपर्यन्तं सर्वकुष्ठविनाशनम् ।।१४४।।

143-144. Kuṣṭhanāśāna Rasa:

Ingredients: *Karañja* leaves, *haraḍa*, bark of *śirīṣa*, root powders of *vibhītaka*, *kāṣṭhaudumbara*, cow urine, *kalka* of grapes and purified *tañkaṇa*.

Process of Drug-Making: Get equal parts of *karañja* leaves, *haraḍa*, bark of *śirīṣa*, root powders of *vibhītaka* and *kāṣṭhaudumbara*. Stir their mix (10 gm.) in cow urine (100 ml.) until it gets a foam (*phena*). Subsequently, add to it *kalka* of grapes measuring 12 gm., 1 gm. of purified *tañkaṇa*.

Method of use/Administration: Consume this medicine for seven weeks to get relief from all types of *kuṣṭha* disorders.

Therapeutic benefits: It cures *kuṣṭha* (skin diseases including leprosy).

(*Rasendra Sār Sangraha*)

कुष्ठकुठाररसः (र. सा. सं.)–

भस्मसूतसमो गन्धो मृतायस्ताम्रगुग्गुलु । त्रिफला च महानिम्बश्चित्रकश्च शिलाजतु ।।१४५।।
इत्येतच्चूर्णितं कुर्यात् प्रत्येकं शाणषोडश । चतुःषष्टिं करञ्जस्य बीजचूर्णं प्रकल्पयेत् ।।१४६।।
चतुःषष्टिंमृतञ्चाभ्रंमध्वाज्याभ्यांविलोडयेत्।स्निग्धभाण्डेस्थितेखादेद् द्विनिष्कंसर्वकुष्ठनुत् ।।१४७।।
रसः कुष्ठकुठारोऽयं गलत्कुष्ठविनाशनः ।।१४८।।

145-148. Kuṣṭha Kuṭhāra Rasa:

Ingredients: *Bhasma* of *sūta* (*rasa sindūra*), *lauha bhasma*, *tāmra bhasma*, *guggulu*, *harītakī*, *vibhītakī*, *āmalakī*, *mahānimba*, *citraka*, śilājatu, *karañja*, *abhraka bhasma*, honey and *ghṛitam*.

Process of Drug-Making: Take 50 gm. each of the *bhasma* of *sūta* (*rasa sindūra*), *lauha bhasma*, *tāmra bhasma*, *guggulu*, *harītakī*, *vibhītakī*, *āmalakī*, *mahānimba*, *citraka* and śilājatu along with 190 gm. measure each of *karañja* and *abhraka bhasma*. Combine them with adequate quantities of honey as well as *ghṛitam* and compound the mix. Keep this mix in a *ghṛitam* smeared jar.

Method of use/Administration: This medicine should be taken in doses of 1-2 gm. While using this recipe, the patient should take sweet ingredients of food and if such ingredients are not available, then should take rice boiled with water.

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Therapeutic benefits: It cures all types of *kuṣṭha*. This is called *Kuṣṭha Kuṭhāra Rasa*. It cures even *galit kuṣṭha* (leprosy in which toes and fingers fall off).

(*Rasendra Sār Sangraha*)

अर्केश्वरः (र. सा. सं.)–

पलानीशस्य चत्वारि बलेर्द्वादश तावती । ताम्रस्य चक्रिका देया रसस्योर्ध्वं शरावकम् ।।१४९।।
दत्त्वा विबद्धभाण्डस्थं पूरयेद्भस्मना दृढम् । अग्निं प्रज्वालयेद्यामद्वयं शीतं विचूर्णयेत् ।।१५०।।
पुटे द्वादशधा सूर्यदुग्धेनालोडितं पुनः । वरापावकभृङ्गाणां त्रिभिर्द्रावैर्विभावयेत् ।
अयमर्केश्वरो नाम्ना रक्तमण्डलकुष्ठजित् ।।१५१।।

149-151. *Arkeśvara:*

Ingredients: Purified *pārada*, purified *gandhaka*, *tāmra bhasma*, latex of *arka*, decoction of *triphalā* and juice of *bhṛingarāja*.

Process of Drug-Making: Taking Purified *pārada* measuring 190 gm., purified *gandhaka* measuring 570 gm. and prepare a *kajjalī* out of them. Add to the preparation 570 gm. of *tāmra bhasma* into the *kajjalī* and place the compound in a large-mouthed pitcher. With help of a *śarāva* cover the preparation kept in the bottom of the pitcher. Fill up the rest of the pitcher with ashes. Heat up the pitcher for two *yāmas*.

Allow the pitcher to cool down to atmospheric temperature, remove out the compound and triturate it along with latex of *arka* for three hours. Subsequently, prepare *cakrikās* and put them in *śarāva saṁpuṭa*. Tightly seal its mouth with mud smeared cloth and cook the preparation through *puṭapāka* method. Likewise, repeat the triturate ing and cooking procedure for 12 consecutive times. After this procedure, impregnate the compound separately and three times each with decoction of *triphalā* and juice of *bhṛingarāja*. Triturate the compound and store it in glass bottle.

Dosage: 125 mg. along with honey or decoction of *khadira*.

Therapeutic benefits: This *Arkeśvara Rasa* is helpful in treating *raktamaṇḍala kuṣṭha*.

(*Rasendra Sār Sangraha*)

कुष्ठकालानलो रसः (र. सा. सं.)–

वलिं रसं टङ्गणताम्रलौहं भस्मीकृतं मागधिकासमेतम् ।

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पञ्चाङ्गनिम्बेन फलत्रिकेण विभावितं राजतरोस्तथैव ।।१५२।।
नियोजयेद्वल्लकयुग्ममानं कुष्ठेषु सर्वेषु च रोगसङ्घे ।।१५३।।

152-153. Kuṣṭhakālānala Rasa:

Ingredients: Purified *gandhaka*, purified *pārada*, purified *tañkaṇa*, *tāmra bhasma*, *lauha bhasma*, *pippalī*, *pañcānga* of *nimba* and fruit pulps of *triphalā* and *āragvadha*.

Process of Drug-Making: Take equal parts of the powders of purified *gandhaka*, purified *pārada*, purified *tañkaṇa*, *tāmra bhasma*, *lauha bhasma* and *pippalī*. Methodologically triturate these materials and impregnate the mix separately with *pañcānga* of *nimba* and fruit pulps of *triphalā* and *āragvadha* for one day each. Subsequently, triturate the mix and store it in glass jar after drying it.

Method of use/Administration: This *Kuṣṭhakālānala Rasa* is to be given in doses of 750 mg. each.

Therapeutic benefits: This medicine is capable of checking all types of *kuṣṭha* and various skin diseases.

(*Rasendra Sār Sangraha*)

ब्रह्मरसः (र. सा. सं.)–

भागैकं मूर्च्छितं सूतं गन्धकं त्वग्निवागुजी । चूर्णन्तु ब्रह्मबीजानां प्रति द्वादशभागिकम् ।।१५४।।
त्रिशद्भागं गुडस्यापि क्षौद्रेण गुडिकां कृता । अयं ब्रह्मरसो नाम्ना ब्रह्महत्याविनाशनः ।।१५५।।
द्विनिष्कं भक्षणाद्धन्ति प्रसुप्तिकुष्ठमण्डलम् । पातालगरुडीमूलं जलैः पिष्ट्वा पिबेदनु ।।१५६।।

154-156. Brahma Rasa:

Ingredients: *Rasa sindūra*, purified *gandhaka*, bark of *citraka's* root, seeds of *vākucī*, *palāśa*, old jaggery and honey.

Process of Drug-Making: Take 1 part measure of *rasa sindūra* and 12 parts each of purified *gandhaka*, bark of *citraka's* root, seeds of *vākucī* and *palāśa* along with 30 parts measure of old jaggery. Combine these materials together and triturate them along with honey. Prepare pills measuring 6 gm. each.

Method of use/Administration: This *Brahma Rasa* is to be taken in doses of one pill. After taking this medicine, one should drink root of *pātālagarudi* ground with water as *anupāna*.

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Therapeutic benefits: This alleviates *prasupti*, *kuṣṭha* and skin diseases like that of *maṇḍala*.

(*Rasendra Sār Sangraha*)

गलत्कुष्ठारिरसः (र. सा. सं.)–

रसो वलिस्ताम्रमयः पुरोऽग्निः शिलाजतु स्याद्विषतिन्दुकश्च ।
वरा च तुल्यं गगनं करञ्जबीजं तथा भागचतुष्टयञ्च ।।१५७।।
सम्मर्द्य सर्वं मधुना घृतेन घृतस्य पात्रे निहितं प्रयत्नात् ।
कर्षं भजेत्प्रत्यहमस्य पथ्यं शाल्योदनं दुग्धमधुत्रयं च ।।१५८।।
विशीर्णकर्णाङ्गुलिनासिकोऽपि भवेदनेन स्मरतुल्यमूर्त्तिः ।
दारापरित्याग इह प्रदिष्टोजलौदनं तत्र निबद्धमूले ।।१५९।।

157-159. Galatkuṣṭhāri Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, *tāmra bhasma*, *lauha bhasma*, purified *guggulu*, bark of *citraka's* root, purified *śilājatu*, purified *viṣamuṣṭi*, *triphalā*, powders of *abhraka bhasma*, seeds of *karañja*, *ghṛitam* and honey.

Process of Drug-Making: Obtain 1 part each of purified *pārada*, purified *gandhaka*, *tāmra bhasma*, *lauha bhasma*, purified *guggulu*, bark of *citraka's* root, purified *śilājatu*, purified *viṣamuṣṭi* and the *triphalā* herbs. In addition, take powders of *abhraka bhasma* and seeds of *karañja* measuring 4 parts each. Triturate these ingredients thoroughly along with *ghṛitam* and honey. Subsequently, prepare pills measuring 3 gm. each and put them in a smooth jar.

Method of use/Administration: During the medication period one should eat only *śāli* variety of rice, milk and honey. If the person is suffering from *kuṣṭha* that has assumed a deep seat within then he should avoid the above mentioned eatables and should only take rice containing the rice-washing (*taṇḍulodaka*). In such cases, one should strictly prohibit intercourse.

Therapeutic benefits: The effect of this medicine makes the patients including those who have lost (molten) ears, nose, finger and the like, look beautiful like Kāmdeva.

(*Rasendra Sār Sangraha*)

चन्द्राननो रसः (र. सा. सं.)–

सूतव्योमाग्नयस्तुल्यास्त्रिभागो गन्धकस्य च । काकोदुम्बरिकाक्षीरैः सर्वमेकत्र मर्दयेत् ।।१६०।।

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माषमात्रां गुडीं कृत्वा कुष्ठरोगे प्रयोजयेत् । देहशुद्धिं पुरा कृत्वासर्वकुष्ठानि नाशयेत् ।।१६१।।
एष चन्द्राननो नाम साक्षाच्छ्रीभैरवोदितः ।।१६२।।

160-162. Candrānana Rasa:

Ingredients: Powders of purified *pārada*, *abhraka bhasma*, bark of *citraka's* root, purified *gandhaka* and latex of *udumbara*.

Process of Drug-Making: Gather powders measuring 1 part each of purified *pārada*, *abhraka bhasma* and bark of *citraka's* root along with 3 parts of purified *gandhaka*. Triturate these materials along with the latex of *udumbara* and subsequently prepare pills measuring 1 gm. each.

Method of use/Administration: Use these pills in the treatment of *kuṣṭha*. This *Candrānan Rasa* medicine should be taken after getting the body of the patient cleaned through *vamana* therapies, etc. The medicine has been prepared by Śrī Bhairava.

Therapeutic benefits: It cures *kuṣṭha*.

(*Rasendra Sār Sangraha*)

सर्वेश्वरो रसः (शा० सं.)–

शुद्ध सूतं चतुर्गन्धं पलं यामं विचूर्णयेत् । घृतनागाभ्रलोहानां दरदस्य पलं पलम् ।।१६३।।
सुवर्णं रजतं चैव प्रत्येकं दशनिष्ककम् । माषैकं मृतवज्रञ्च तालं शुद्धं पलद्वयम् ।।१६४।।
जम्बीरोन्मत्तवासाभिः स्नुह्यर्कविषमुष्टिभिः । मर्द्यं हयारिजैर्द्रवैः प्रत्येकेन दिनं दिनम् ।।१६५।।
एवं सप्तदिनं मर्द्यं तद्गोलं वस्त्रवेष्टितम् । बालुकायन्त्रगं स्वेद्यं त्रिदिनं लघुवह्निना ।।१६६।।
आदाय चूर्णयेच्छ्लक्ष्णं पलैकं योजयेद्विषम् । द्विपलं पिप्पलीचूर्णमिश्रं सर्वेश्वरो रसः ।।१६७।।
द्विगुञ्जो लिह्यते क्षौद्रैः सुप्तिमण्डलकुष्ठनुत् । बाकुची देवकाष्ठं च कर्षमात्रं सुचूर्णयेत् ।
लिहेदेरण्डतैलाक्तमनुपानं सुखावहम् ।।१६८।।

163-168. Sarveśvara Rasa:

Ingredients: *Pārada*, purified *gandhaka*, *tāmra bhasma*, *abhraka bhasma*, *lauha bhasma*, purified *hiñgula*, *svarṇa bhasma*, *rajata bhasma*, *hīraka bhasma*, purified *haritāla*, juices of *jambīra* lemon, *dhūstūra* leaves, *snuhī* leaves, decoctions of purified *viṣamuṣṭi's* root, *karavīra's* root, purified *vatsanābha viṣa* and pepper powder.

Process of Drug-Making: Obtain 50 gm. measure of *pārada* and 200 gm. measure of purified *gandhaka*. Trituate them together for three hours and prepare a *kajjalī*. Add to this *kajjalī*, 50 gm. each of *tāmra bhasma*, *abhraka bhasma*, *lauha bhasma* and purified *hiñgula* along with 30 gm. each of *svarṇa bhasma* and

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rajata bhasma. In addition, add to the preparation 1 gm. of *hīraka bhasma* and 100 gm. of purified *haritāla*. Impregnate the mix separately with juices of *jambīra* lemon, *dhūstūra* leaves, *snuhī* leaves and with decoctions of purified *viṣamuṣṭi's* root and *karavīra's* root for one day each. Triturate this mix in the prescribed manner for seven consecutive days. Thereafter, prepare a lump out of it and wrap the lump through a piece of cloth in four rounds. Put the lump inside a *Bālukāyañtra* and cook it for three days. When cooled down to atmospheric temperature, remove out the same and compound it into a fine powder along with 50 gm. of purified *vatsanābha viṣa* and 100 gm. of pepper powder.

Method of use/Administration: This medicine is to be taken in doses of 250 mg. each along with honey. Following that the patient should take 6 gm. measure each of *vākucī* and *devadāru* powders mixed into 12 ml. measure of *eraṇḍa* oil.

Therapeutic benefits: This measure checks skin diseases like *supti* (dullness), *maṇḍala* and *kuṣṭha*.

(*Śārangdhar Samhitā*)

कुष्ठहरितालेश्वरः–

हरितालंभवेद्भागाद्द्वादशात्र विशुद्धिमत् । गन्धकोऽपि तथा ग्राह्यो रसः सप्तात्र दीयते ।।१६९।।
कृष्णाभ्रकमपिश्लक्ष्णं खल्ले कृत्वा विमर्दयेत् । अङ्कठोमूलनीरेण सेहुण्डपयसाऽथवा ।।१७०।।
अर्कदुग्धेन सम्पिष्य करवीरजलेन च । काकोदुम्बरनीरेण पेषणीयो रसो भृशम् ।।१७१।।
शुद्धताम्रकटोरायां क्षेपणीयो रसेश्वरः । विधिवत्पच्यते यामषट्कञ्चायं रसेश्वरः ।।१७२।।
पञ्चगुञ्जाप्रमाणेन काकोदुम्बरवारिणा । कुष्ठाष्टादशसंख्येषु देय एष भिषग्वरैः ।।१७३।।
अचिरेणैव कालेन विनाशं यान्ति निश्चयः । पथ्यसेवा विधातव्या प्रणतिः सूर्यपादयोः ।।१७४।।
साधकेन तथा सेव्यो रसो रोगौघनाशनः । पिप्पलीभिः समं दद्यात्कुष्ठरोगे रसेश्वरम् ।।१७५।।

169-175. Kuṣṭhaharitāleśvara:

Ingredients: Purified *haritāla*, purified *gandhaka*, purified *pārada*, *kṛiṣṇabhraka bhasma*, decoction of *angkot* (roots), *snuhī* latex, decoction of *karavīra* (roots) and decoction of *kākodumbara* (its barks).

Process of Drug-Making: Collect purified *haritāla* and purified *gandhaka* (12 parts each) and purified *pārada* and *kṛiṣṇabhraka bhasma* (7 parts each). Triturate them separately with the following: decoction of *angkot* (roots), *snuhī* latex, decoction of *karavīra* (roots) and decoction of *kākodumbara* (its barks). Collect the preparation into a cleaned copper bowl and close it tightly with a piece

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of cloth wet in mud. Put the medicinal pot inside a *Bālukā Yañtra* and cook it for 18 hours.

Method of use/Administration: This medicine is to be taken in doses of 250 mg. each along with decoction of *kākodumbara* barks. While taking this medicine one should regularly worship the God Sun. One should also follow the regulated diets. Taken with powder of pepper, this medicine becomes even more effective.

Therapeutic benefits: It cures all types of *kuṣṭhas*.

(*Rasendra Cintāmaṇī*)

वज्रवटी–

शुद्धसूताग्निमरिचं सूताद् द्विगुणगन्धकम् । काकोदुम्बरिकाक्षीरैदिनं मर्द्यं प्रयत्नतः ।।१७६।।
वराव्योषाकषायेण वटीश्चास्य समाचरेत् । लिह्याद्वज्रवटी ह्येषा पामारोगविनाशिनी ।।१७७।।

176-177. Vajravaṭī:

Ingredients: Purified *pārada*, root barks of plant *citraka*, powder of black pepper, purified *gandhaka* and latex of *kākodumbara*.

Process of Drug-Making: Take 1 part each of purified *pārada*, root barks of plant *citraka* and powder of black pepper along with 2 parts of purified *gandhaka*. Compound them together and triturate the mix for one whole day in a mortar along with latex of *kākodumbara*.

Method of use/Administration: The medicine should be taken in doses of 250 mg. each along with decoction of *triphalā* as well as *trikaṭu* herbs.

Therapeutic benefits: The medicine checks the skin disease called *pāma roga*.

(*Rasendra Cintāmaṇī*)

ज्योतिष्मान् रसः–

अभ्रं हेम कान्तलौहं षड्गुणजारितं रसम् । वैक्रान्तं विद्रुमं चाश्वगन्धा रुद्रजटाजटा ।।१७८।।
कङ्कुष्ठं च समं सर्वं यत्नादादाय सद्भिषक् । एकीकृत्य रसेनैव चक्रमर्ददलस्य हि ।।१७९।।
अरुष्कमूलखदिरमूलक्वाथेन भावयेत् । त्रिधा यथाविधि ततो मात्रा चणकसंमिता ।।१८०।।
ज्योतिष्मान्नामकरसो योजितो वातरक्तजित् । कुष्ठमष्टादशविधं तज्जानन्यान् गदानपि ।।१८१।।
गौणोपदंशं च तथा रोगान् पारदसंभवान् । भगन्दरं गण्डमालां दुष्टव्रणमथापचीम् ।।१८२।।
नाशयेदेष सहसाऽनुपमो रक्तशोधनः । पथ्याऽमृता सारिवा च पर्पटं गञ्जिनी तथा ।।१८३।।
कटुकीक्वाथ एतेषां ज्योतिष्मद्रससेवनात् । सत्वरं शुक्रवृद्धिश्च सर्वरोगप्रणाशनम् ।।१८४।।
कथितोऽयं महेशेन लोकेऽस्मिन्नमृतोपमम् ।।१८५।।

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178-185. Jyotiṣmāna Rasa:

Ingredients: Powders of *abhraka bhasma*, *svarṇa bhasma*, *kānta lauha bhasma*, purified *rasa sindūra*, *vaikrānta bhasma*, *pravāla bhasma*, *aśvagandhā*, *rudrajāta* (roots), *kankuṣṭha*, juice of plant *cakramarda*, decoction of *bhallātaka* and decoction of *khadira* (roots).

Process of Drug-Making: Gather 12 gm. measure powders each of the *abhraka bhasma*, *svarṇa bhasma*, *kānta lauha bhasma*, purified *rasa sindūra*, *vaikrānta bhasma*, *pravāla bhasma*, *aśvagandhā*, *rudrajāta* (roots) and *kankuṣṭha*. Compound them together and triturate the mix separately using each of the following: juice of plant *cakramarda*, decoction of *bhallātaka* and decoction of *khadira* (roots). Make pills measuring a gram nut.

Method of use/Administration: After taking this medicine one should take honey mixed with decoctions of *haraḍa*, *guḍūcī*, *anantamūla*, *parpaṭī*, *ganjini* and *kaṭukī*.

Therapeutic benefits: This medicine is called *Jyotiṣmāna Rasa*. It eliminates *vātarakta*, 18 types of *kuṣṭha* and related troubles, minor *upadamśa*, poisoning through *pārada*, *bhagandara*, *gaṇḍamāla*, *duṣṭavraṇa* and *apācī*. This medicine is a unique blood purifier. This medicine promotes aphrodisiac liquid in the body and is capable of eliminating all the diseases, if taken with different *anupānas*. This medicine has been propounded by Mahādevaji. It is like ambrosia itself.

अमृताङ्कुरलौहम्–

हुताशमुखसंशुद्धं पलमेकं रसस्य वै । पलं लौहस्य ताम्रस्य पलं भल्लातकस्य च ।।१८६।।
गन्धकस्य पलञ्चैकमभ्रकस्य च गुग्गुलोः । हतरीकीबिभीतक्योश्चूर्णं कर्षद्वयं द्वयोः ।।१८७।।
अष्टमाषाधिकं तत्रधात्र्याःपाणितलानि षट् । घृतं ह्यष्टगुणं लौहाद्द्वात्रिंशत्त्रिफलाजलम् ।।१८८।।
एवं कृत्वा पचेत्पात्रे लौहे च विधिपूर्वकम् । पाकमेतस्यजानीयात्कुशलो लौहपाकवित् ।।१८९।।
विशुद्धः प्रातरुत्थाय गुरुदेवद्विजार्चकः । रक्तिकादिक्रमेणैव घृतभ्रामरमर्दितम् ।।१९०।।
लौहे लौहस्य दण्डेन कुर्यादितद्रसायनम् । अनुपानञ्च कुर्वीत नारिकेलोदकं पयः ।।१९१।।
सर्वकुष्ठाहरं श्रेष्ठं बलीपलितनाशनम् । पाण्डुमेहामवातघ्नं वातरक्तरुजापहम् ।।१९२।।
क्रिमिशोथाश्मरीशूलदुर्नामवातरोगनुत् । क्षयं हन्ति महाश्वासमत्यर्थं शुक्रवर्द्धनम् ।।
अग्निसन्दीपनं हृद्यं कान्त्यायुर्बलबुद्धिकृत् ।।१९३।।
विवर्ज्य शाकाम्लमपि स्त्रियञ्च सेव्यो रसो जाङ्गललावकानाम् ।
शाल्योदनं षष्टिकमाज्यमुद्गक्षौद्रं गुडक्षीरमिह क्रियायाम् ।।१९४।।

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186-194. Amṛitānkur Lauham:

Ingredients: *Pārada* or *rasa sindūra*, *lauha bhasma*, *tāmra bhasma*, purified *bhallātaka*, purified *gandhaka*, *abhraka bhasma*, purified *guggulu*, powders of *haraḍa*, *vibhītaka*, *āmalakī* powder, cow *ghṛitam*, decoction of *tṛiphalā* herbs and water.

Process of Drug-Making: Take 50 gm. measure of *pārada* or *rasa sindūra* that has been purified by all the three methods including *urdhavapātan*, *adhahapātan* and *tiryakpātan*. Also take equal amounts (i.e. 50 gm. each) of *lauha bhasma*, *tāmra bhasma*, purified *bhallātaka*, purified *gandhaka*, *abhraka bhasma* and purified *guggulu*. Also take 12 gm. measure powders each of *haraḍa* and *vibhītaka*. 75 gm. measure of *āmalakī* powder and cow *ghṛitam* measuring 400 gm. should also be gathered. Also obtain, decoction of *tṛiphalā* herbs measuring 16 litre and water measuring 3 litre. Cook all of them together in a large iron pan and while cooking the same one should continue to stir the recipe with an iron rod (a large spoon if possible). The wise physicians know when the preparation is finally cooked. Following that, the preparation should be allowed to cool down to atmospheric temperature. Collect the cooled compound in a vessel that has been coated with oil.

Method of use/Administration: After getting up in the morning, one should first clean oneself thoroughly by bathing and other related activities. Subsequently, he should offer reverence to his teacher, worship the Gods and give donations tc the *dvija*. He should start the dosage of this medicine with 125 mg. along with *ghṛitam* and honey. Gradually, increase the dosage with 125 mg. daily. Before consuming this medicine, one should collect adequate amount of this drug in an iron vessel or in a small mortar along with *ghṛitam* and honey. One should take this medicine only after triturating the medicine for some time with an iron rod. In *anupāna*, one can take coconut water and milk. During the medication period one should avoid leafy vegetables, *āmla rasa* and intercourse. On the other hand, one should include the following edibles in his diet: meat soup of wild animals and *lava* bird, *śāli* and *ṣaṣṭhi* varieties of rice, *ghṛitam*, *mudga* pulse, honey, jaggery and milk.

Therapeutic benefits: This medicine is capable of treating all types of *kuṣṭha* disorders, *vali-palit*, *pāṇḍu*, *prameha*, *ānmvata*, *vātarakta*, *kṛimiroga*, *śotha*, *aśmarī* or related *śūla*, *arśa*, disorders of *vāta*, *kṣaya* and *mahāśvāsa*. It also helps

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in promoting the semen content, digestive power, glow of body, longevity, strength, intellect and it is good for heart.

(*Rasendra Cintāmaṇī*)

पाकलक्षणं यथा–

वस्त्रे निष्पीडितंसूक्ष्मे स्थूलतन्तौ घने दृढे । समुद्रं जायते व्यक्तं न निःसरति सन्धिभिः ।।१९५।।
न च शब्दायते वह्नौ तदा सिद्धिं विनिर्दिशेत् ।।१९६।।

195-196.Signs of proper cooking:

Whether the above medicine has been cooked properly or not can be traced by two measures. 1. Get the preparation tightly packed by a thin but thickly folded piece of cloth. If there is impression of the folded cloth on the drug, and it does not come out through pores of pack, one should understand that cooking has been done properly. 2. Put a little amount of the preparation into fire, if it does not produce sound like *cat cat*, one should understand that cooking has been done properly.

अमृतभल्लातकम्–

भल्लातकानां पवनोद्धतानां–वृन्तच्युतानाञ्च यदाढकं स्यात् ।
तच्चेष्टकाचूर्णकणैर्विघृष्य प्रक्षालयित्वा विसृजेत्प्रभाते ।।१९७।।
शुष्कं पुनस्तद्विदलीकृतञ्च । ततः पचेदप्सु चतुर्गुणासु ।
तत्पादशेषं परिपूतशीतं–क्षीरेण तुल्येन पुनः पचेत्तु ।।१९८।।
तत्पादशेषं पुनरेव शीतं–घृतेन तुल्येन पुनः पचेत्तु ।
तदर्द्धया शर्करया विकीर्णं ततः खजेनोन्मथितं विधाय ।।१९९।।
तत्सप्तरात्रादुपजातवीर्यं सुधारसादप्यधिकत्वमेति ।
प्रातर्विशुद्धः कृतदेहकार्यो मात्राञ्च खादेत्स्वशरीरयोग्याम् ।।२००।।
न चान्नपाने परिहार्यमस्ति न चातपे चाध्वनि मैथुने च ।
यथेष्टचेष्टो विहितोपयोगाद्भवेन्नरः काञ्चनराशिगौरः ।।२०१।।
अनन्यमेधा नरसिंहतेजा–दृप्तेन्द्रियोऽव्याहतबुद्धिसत्त्वः ।
दन्ताश्च शीर्णाः पुनरुद्भवन्ति केशाश्च शुक्लाः पुनरेव दिव्याः ।।२०२।।
नीलाञ्जनानां प्रतिमा भवन्ति त्वचो विवर्णाः पुनरेव दिव्याः ।
विशीर्णकर्णाङ्गुलिनासिकोऽपि क्रिम्यर्दितो भिन्नगलोऽपि कुष्ठी ।।२०३।।
सोऽपि क्रमादङ्कुरिताग्रशाखस्तरुर्यथा भाति नभोऽम्बुसिक्तः ।
उष्ट्रान् मयूराञ् जयति स्वरेण बलेन नागस्तुरगो जवेन ।।२०४।।
रसायनस्यास्य नरः प्रसादाद् बृहस्पतेरप्यधिकोऽपि बुद्ध्या ।
ग्रन्थान् विशालान् पुनरुक्तिदोषान्गृह्णाति शीघ्रं न च नश्यते तु ।।२०५।।

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कुर्वन्निमं कल्पमनल्पबुद्धिर्जीवेन्नरो वर्षशतानि पञ्च ।
राजा ह्ययं सर्वरसायनानां चकार योगं भगवानगस्त्यः ।।२०६।।

197-206. Amṛitabhallātakam:

Ingredients: Ripe *bhallātaka* fruits, baked brick powder, wood, water, cow milk and cow *ghṛitam.*

Process of Drug-Making: Collect 27 kg. of ripe *bhallātaka* fruits. See that these fruits are fully ripe and have fallen from the branches only due to the force of wind. Put these fruits in a bag along with powder of the baked bricks. Rub the pack with a thick piece of wood thoroughly. Rotate the bag so that contents generate friction among themselves. Continue this process for one whole day. On the second day, take out the *bhallātaka* fruit from the brick powder with help of a pair of tongs. After that, wash them in warm water filled in a large container. Subsequently, dry them under sun. When the fruits are properly dried, cut them into two pieces and place them in a pan. Pour into the pan, water measuring four times greater than the fruits (16 litres approx.) and cook the preparation. When the original quantity of this preparation is reduced to four liters, filter the same and cook it further by adding to it four liters of cow milk. When the preparation, again reduces to one fourth (i.e. four litres), add cow *ghṛitam* measuring four liters to it. Cook the preparation again and when it becomes thick add 3 kg. of sugar to it. Stir the preparation thoroughly with the help of a large spoon. Preserve the cooked preparation in a safe place. After seven days, this compound becomes a medicine fully loaded with aphrodisiac powers and possessing qualities of ambrosia.

Method of use/ Administration and Therapeutic benefits: One should purify oneself with vomitting and *virecana* (purgation) and have the regular cleaning and washing in the morning. Subsequently, one should perform the regular worships. After that, 12 gm. dose of the above medicine should be taken along with lukewarm milk. During the medication there is no restrictions on meals and drinks, in walking or in intercourse. Taking this medicine for some days regularly, the user becomes quite handsome and attractive. His memory power develops and he becomes as fast as a lion. All of his sense organs remain quite charged by the effect of the medicine. His mind and vision become focused. He recovers the lost teeth as well as the fallen dark colour hairs. His complexion is also restored to the old position. The patient whose ears, fingers and nose have been lost due to leprosy or whose body is contaminated by the worms of leprosy should use this medicine as it gradually restores his lost limbs and health. By the

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impact of this medicine his voice becomes sharp and beautiful. He can even captivate camels and peacocks by using his speech. He becomes as powerful as an elephant, as fast as a horse and as wise as Bṛihaspati, the God of wisdom. His memory becomes as sharp as to remember by heart passages only by reading them once. User of this medicine continues to live as long as 500 years. This medicine has been prescribed by Bhagvān Agastya. This is the best *rasāyaṇa* available.

(*Agastya Samhitā*)

महाभल्लातकगुडः–

निम्बं गोपीरुणा कट्वी त्रायन्ती त्रिफला घनम् ।पर्पटोऽवल्गुजानन्तावचाखदिरचन्दनम् ।।२०७।।
पाठाशुण्ठीशटीभार्गीवासाभूनिम्बवत्सकम् । श्यामेन्द्रवारुणी मूर्वा विडङ्गेन्द्रविषानलम् ।।२०८।।
हस्तिकर्णामृताद्रेकाः पटोलं रजनीद्वयम् । कणारग्वधसप्ताह्वकृष्णवेत्रोच्चटाफलम् ।।२०९।।
भूकन्दं तृणपर्णञ्च जिङ्गी पद्माटमूषली । विष्वक्सेना च कैटर्यं शरपुङ्खा च कञ्चुकी ।।२१०।।
एषां द्विपलिकान् भागाञ् जलद्रोणे विपाचयेत् । अष्टभागावशेषन्तु कषायमवतारयेत् ।।२११।।
भल्लातकसहस्राणि त्रीणि च्छित्त्वाऽर्मणेऽम्भसि । चतुर्भागावशेषन्तु कषायमवतारयेत् ।।२१२।।
तौ कषायौसमादायवस्त्रपूतौ च कारयेत् । गुडस्य तु तुला ताभ्यां कषायं विपचेद्भिषक् ।।२१३।।
भल्लातकसहस्राणां मज्जानं तत्रदापयेत् । त्रिकटु त्रिफिला मुस्तं सैन्धवानां पलं पलम् ।।२१४।।
दीप्यकस्य पलं चैव चातुर्जातं पलांशिकम् । सञ्चूर्ण्य प्रक्षिपेदक्षं गन्धकञ्च चतुष्पलम् ।।२१५।।
स्निग्धभाण्डेविनिक्षिप्यस्थापयेत्कुशलो भिषक् ।महाभल्लातको ह्येषमहादेवेन निर्मितः ।।२१६।।
जगतस्तु हितार्थाय जयेच्छीघ्रं निषेवितः । श्वित्रमौदुम्बरं दद्रुमृष्यजिह्वं सकाकणम् ।।२१७।।
पुण्डरीकञ्च चर्माख्यंविस्फोटंमण्डलंतथा । कण्डूं कापालकुष्ठञ्च पामानं सविपादिकम् ।।२१८।।
वातरक्तमुदावर्त्तं पाण्डुरोगं व्रणक्रिमीन् । अर्शांसि षट्प्रकाराणि कासं श्वासं भगन्दरम् ।।२१९।।
तदभ्यासेन पलितमामवातं सुदुस्तरम् ।अनुपाने प्रयोक्तव्यं छिन्नाक्वाथः पयोऽथवा ।।२२०।।
भोजने च सदा भोज्यमुष्णञ्चान्नं विशेषतः ।।२२१।।

207-221. Mahā Bhallātaka Guḍa:

Ingredients: *Nimba*, *gopa* (*śārivā*), *aruṇā* (*ativiṣā*), *kaṭvī* (*kaṭukī*), *trāyantī*, *harītakī*, *vibhītakī*, *āmalakī*, *ghana*, *parpaṭa*, *avalgujā*, *anantā*, *vacā*, *khadira*, *candana*, *pāṭhā*, *śunṭhī*, *śaṭī* (*karcūra*), *bhārgī*, *vāsa*, *bhūnimba*, *vastaka*, *śyāmā*, *indravāruṇī*, *mūrvā*, *viḍanga*, *ativiṣā*, *anala* (*citraka*), *hastikarṇa*, *amṛitā*, *mahānimba*, *paṭola*, *haridrā*, *dāru haridrā*, *kaṇā*, *argvadha*, *saptāhva*, root of *kṛiṣṇā*, fruit of *ucchata*, *bhūkanda*, *tṛiṇaparṇa*, *jingi*, *padmaka*, *muṣalī*, *priyangu*, *kaṭphala*, *śarapunkha*, *kañcukī*, water, fruits of *bhallātaka*, jaggery, fruits of *bhallātaka*, powders of *śunṭhī*, *marica*, *pippalī*, *harītakī*, *vibhītakī*, *āmalakī*, *mustā*, rock salt, *yamānī*, *cāturjāta* herbs (combined), cinnamon bark, smaller cardamom, *nāgakeśara* and powder of *gandhaka*.

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Process of Drug-Making: Take 92 gm. each of *nimba*, *gopa* (*śārivā*), *aruṇā* (*ativiṣā*), *katvi* (*kaṭukī*), *trayanti*, *harītakī*, *vibhītakī*, *āmalakī*, *ghana*, *parpaṭa*, *avalgujā*, *anantā*, *vacā*, *khadira*, *candana*, *pāṭhā*, *śunṭhī*, *śaṭī* (*karcūra*), *Bhārgī*, *vāsa*, *bhūnimba*, *vastaka*, *śyāmā*, *indravāruṇī*, *mūrvā*, *viḍanga*, *ativiṣā*, *anala* (*citraka*), *hastikarṇa*, *amṛitā*, *mahānimba*, *paṭola*, *haridrā*, *dāru haridrā*, *kaṇā*, *argvadha*, *saptāhva*, root of *kṛiṣṇā*, fruit of *ucchata*, *bhūkanda*, *tṛiṇaparṇa*, *jingi*, *padmaka*, *muṣalī*, *priyangu*, *kaṭphala*, *śarapunkha* and *kañcukī*. Compound them together into a coarse powder and boil them in water measuring 24 litres until its original quantity is reduced to one eighth. Cut 3000 fruits of *bhallātaka* into pieces and boil them in one 13 litres of water till it is reduced to one-fourth. Strain both these decoctions through a cloth and mix them together. Cook this combination over fire by adding 5 kg. measure of jaggery till it becomes thick like a syrup. Add to it, the above mentioned three thousand fruits of *bhallātaka* and 50 gm. each of the powders of *śunṭhī*, *marica*, *pippalī*, *harītakī*, *vibhītakī*, *āmalakī*, *mustā*, rock salt and *yamānī* along with 50 gm. measure of *cāturjāta* herbs (12.50 gm. each of cinnamon bark, smaller cardamom, cassia leaves and *nāgakeśara*). Also add to the recipe 190 gm. of fine powder of *gandhaka*. Mix this preparation thoroughly and keep it in a *ghṛitam*-smeared container. This recipe is known as *Mahābhallātaka*, which is propounded by Mahādeva for the welfare of human being.

Method of use/Administration: This recipe should be given to the patient in doses of 6-12 gm. along with the decoction of *guḍūcī* as post-medicinal drink. The patient should not take hot and sour things in large quantities in his food during this medication.

Therapeutic benefits: It instantaneously cures *śvitra*, *audumbara*, *dadru*, *ṛiśyajihvā*, *kākaṇa*, *puṇḍarīka*, *carma kuṣṭha*, *visphoṭa*, *raktamaṇḍala*, serious type of *kapālikā kuṣṭha*, *pāma*, *vipādi kāka*, *vāta rakta* (gout), *udāvarta* (upward movement of wind in the stomach), anemia, *vāmi* (vomiting), *kṛimi* (parasitic infestation), six varieties of piles, *śvāsa* (dyspnoea), *kāsa* (coughs) and *bhagandara* (fistula-in-ano).

(Vangasen)

अमृतागुग्गुलः–

अमृतायाः पलशतं दशमूल्यास्तथा शतम् । पाठामूर्वाबलातिक्तादार्वीगन्थर्वहस्तकाः ।।२२२।।
एषां दशपलान्भागान्बिभीतक्याःशतंहरेत् । द्वेशतेचहरीतक्याआमलक्यास्तथा शतम् ।।२२३।।
जलद्रोणद्वये पक्त्वा अष्टभागावशेषितम् । प्रस्थं गुग्गुलुमाहृत्य प्रस्थार्द्धञ्च घृतं पचेत् ।।२२४।।

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पाकसिद्धौप्रदातव्यंगुडूच्याःसत्त्वमेव च । पलद्वयं तथा शुण्ठ्या पिप्पल्याश्च पलद्वयम् ।।२२५।।
ततो मात्रां प्रयुञ्जीत ज्ञात्वा दोषबलाबलम् । अष्टादशसु कुष्ठेषु वातरक्तगदेषु च ।।२२६।।
कामलामामवातञ्च अग्निमांद्यं भगन्दरम् । पीनसञ्च प्रतिश्यायं प्लीहानमुदरं तथा ।
एतान् रोगान्निहन्त्याशु भास्करस्तिमिरं यथा ।।२२७।।

222-227. *Amṛitāguggulu:*

Ingredients: *Guḍūcī*, *daśamūla*, *pāṭhā*, *mūrvāmula*, root of *balā*, *kaṭukī*, *dāru haridrā*, root of *eraṇḍa*, *vibhītaka*, *haraḍa*, *āmalakī*, water, purified *guggulu*, *haraḍa*, *vibhītaka*, *āmalakīs*, *ghṛitam*, *guḍūcī* (its abstract), dried ginger and *pippalī*.

Process of Drug-Making: Obtained coarsely powdered *guḍūcī* and *daśamūla* measuring 5 kg. each. Also get, 470 gm. each of *pāṭhā*, *mūrvāmula*, root of *balā*, *kaṭukī*, *dāru haridrā*, and root of *eraṇḍa*. In addition, take 5 kg. *vibhītaka*, 10 kg. *haraḍa* and 5 kg. *āmalakī* that are tied in a pack of cloth. Collect all these materials in a big vessel and cook it by pouring 26 litre measure of water. Cook the preparation till it is reduced to one eighth of the original quantity. When the preparation cools down to atmospheric temperature, sieve the same and dissolve into it 750 gm. measure of purified *guggulu*. Subsequently, sieve the preparation again and store it separately.

Take out the *haraḍa*, *vibhītaka* and *āmalakī* from the pack and ground their pearls separately on a stone slab. Add their fine *kalkas* into the vessel. Fry the preparation properly by adding to it 375 gm. of *ghṛitam*. Now add, the above mentioned *guggulu* dissolved decoction into it and methodologically cook it. When the preparation gets cooked, sprinkle over it powders measuring 92 gm. each of *guḍūcī* (abstract), dried ginger and *pippalī*. Stir the preparation properly with a blender (a large spoon). Let the preparation cool down to atmospheric temperature.

Method of use/Administration: After diagnosing the patient's age, strength and concentration of different *doṣas*, the dosage should be prescribed from 2-5 gm.

Therapeutic benefits: This *Amṛitā Guggulu* is capable of checking 18 types of *kuṣṭha*, *vāta rakta*, jaundice, *āmavāta*, *agnimāndya*, *bhagandara*, *pratiśyāya*, enlargement of spleen and problems of gastrointestinal tract.

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एकविंशतिको गुग्गुलुः (भा. प्र.)–

चित्रकत्रिफलाव्योषमजाजी कारवी वचा । सैन्धवातिविषाकुष्ठं चव्यैला च यवासकम् ।।२२८।।
विडङ्गान्यजमोदा च मुस्तान्यमरदारु च । यावन्त्येतानि सर्वाणि तावन्मानन्तु गुग्गुलुम् ।।२२९।।
संकुट्यसर्पिषासार्द्धंगुडिकां कारयेद् भिषक् । प्रातर्भोजनकाले च खादेदग्निबलं यथा ।।२३०।।
हन्त्यष्टादश कुष्ठानि क्रिमिं दुष्टव्रणानि च । ग्रहण्यर्शोविकारांश्च मुखामयगलग्रहान् ।।२३१।।
गृध्रसीमथभग्नञ्चगुल्मञ्चापिनियच्छति । व्याधीन् कोष्ठगतांश्चापि जयेद्विष्णुरिवासुरान् ।।२३२।।

228-232. Ekavimśatika Guggulu:

Ingredients: *Citraka*, *harītakī*, *vibhītaka*, *āmalakī*, *śunṭhī*, *pippalī*, *marica*, *ajājī*, *karavī*, *vacā*, *rock salt*, *ativiṣā*, *kuṣṭha*, *cavya*, *elā*, *yavāsaka* (*yavakṣāra*), *viḍanga*, *ajamodā*, *mustā*, *devadāru*, *guggulu* and *ghṛitam*.

Process of Drug-Making: Take 50 gm. each of *citraka*, *harītakī*, *vibhītaka*, *āmalakī*, *śunṭhī*, *pippalī*, *marica*, *ajājī*, *karavī*, *vacā*, *rock salt*, *ativiṣā*, *kuṣṭha*, *cavya*, *elā*, *yavāsaka* (*yavakṣāra*), *viḍanga*, *ajamodā*, *mustā* and *devadāru* along with 1 kg. of *guggulu*. Compound their mix thoroughly by adding *ghṛitam*. Prepare pills in measurement of 1-2 gm. each from this mix.

Method of use/Administration: This medicine should be taken according to the strength of the patient in the morning during mealtime.

Therapeutic benefits: Intake of this recipe cures eighteen types of *kuṣṭha*, *kṛimi* (parasitic infestation), putrified ulcers, *grahaṇī* (sprue syndrome), piles, diseases of mouth, *gala graha* (obstruction in the throat), *gṛidharasī* (sciatica), fractures and *gulma* (gastro-intestinal diseases) like the death of demons is caused by *Viṣṇu*.

(*Bhāvaprakāśa*)

पञ्चतिक्तघृतगुग्गुलुः–

निम्बामृतावृषपटोलनिदिग्धिकानां भागान् पृथग्दश पलान् विपचेद्घटेऽपाम् ।
अष्टांशशेषितरसेन सुनिश्चितेन प्रस्थं घृतस्य विपचेत्पिचुभागकल्कैः ।।२३३।।
पाठाविडङ्गसुरदारुगजोपकुल्या–द्विक्षारनागरमिशामिशिचव्यकुष्ठैः ।
तेजोवतीमरिचवत्सकदीप्यकाग्नि–रोहिण्यरुष्करवचाकणमूलयुक्तैः ।।२३४।।
मञ्जिष्ठयाऽतिविषया वरया यमान्या संशुद्धगुग्गुलुपलैरपि पञ्चसंख्यैः ।
तन्नाशयेद् विषमतिप्रबलं समीरं–सन्ध्यस्थिमज्जगतमप्यथ कुष्ठमीदृक् ।।२३५।।
नाडीव्रणार्बुदभगन्दरगण्डमाला–जत्रूर्ध्वसर्वगदगुल्मगुदीत्थमेहान् ।
यक्ष्मारुचिश्वसनपीनसकासशोष–हृत्पाण्डुरोगगलविद्रधिवातरक्तम् ।।२३६।।

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233-236. Pañcatikta Ghṛita Guggulu:

Ingredients: *Nimba*, *amṛitā*, *vāsaka*, *paṭola*, *nidigdhikā*, water, purified *guggulu*, *mūrcchita* cow *ghṛitam*, *pāṭhā*, *viḍanga*, *suradāru*, *gajapippalī*, *yavakṣāra*, *svarjikṣāra*, *śunṭhī*, *haridrā*, aniseeds, *cavya*, *kuṣṭha*, *tejovatī*, *marica*, *vatsaka*, *dīpyaka*, *citraka*, *rohiṇī*, *aruṣkara*, *vacā*, *pippalīmūla*, *manjiṣṭhā*, *harītakī*, *vibhītaka*, *āmalakī* and *yamānī*.

Process of Drug-Making: Take 470 gm. each of *nimba*, *amṛitā*, *vāsaka*, *paṭola* and *nidigdhikā*. Coarsely powder them together and boil in water measuring 13 litre. Reduce the liquid to one fourth of the original quantity. Add to this decoction, 235 gm. of purified *guggulu* and 750 gm. of *mūrcchita* cow *ghṛitam*. After it is cooked add to it 7 gm. each of the following into it: *pāṭhā*, *viḍanga*, *suradāru*, *gajapippalī*, *yavakṣāra*, *svarjikṣāra*, *śunṭhī*, *haridrā*, aniseeds, *cavya*, *kuṣṭha tejovatī*, *marica*, *vatsaka*, *dīpyaka*, *citraka*, *rohiṇī*, *aruṣkara*, *vacā*, *pippalīmūla*, *manjiṣṭhā*, *harītakī*, *vibhītaka*, *āmalakī* and *yamānī*. Properly stir the preparation.

Method of use/Administration: Consume this preparation in doses of 6-12 gm.

Therapeutic benefits: It alleviates excessively aggravated *vāta* and cures *kuṣṭha* even if it has pervaded joints, bones and bone-marrow. It also cures *nāḍi vraṇa* (sinus), *arbuda* (tumour), *bhagandara* (fistula-in-ano), *gaṇḍamāla* (cervical adenitis), all diseases of the head and neck, *gulma* (phantom tumour), *gadottha* (piles), *aruci* (anorexia), *śvasana* (asthma), *pīnasa* (chronic rhinitis), *kāsa* (bronchitis), *śoṣa* (consumption), *puṇḍarīka* (a type of *kuṣṭha*), *gala vidradhi* (abscess in the throat) and *vāta rakta* (gout).

(Cakradatt)

वज्रकं घृतम्–

वासागुडूचीत्रिफलापटोलकरञ्जनिम्बाशतकृष्णवेत्रम् ।
तत्क्वाथकल्केन घृतं विपक्वं तद्वज्रवत्कुष्ठहरं प्रदिष्टम् ।।२३७।।
विशीर्णकर्णाङ्गुलिहस्तपादःक्रिम्यर्दितोभिन्नगलोऽपिमर्त्यः ।
पौराणिकीं कान्तिमवाप्य जीवे–दव्याहतो वर्षशतञ्च कुष्ठी ।।२३८।।

237-238. Vajraka Ghṛitam:

Ingredients: *Vāsa*, *guḍūcī*, *harītakī*, *vibhītaka*, *āmalakī*, *paṭola*, *karañja*, *nimba*, *asana*, *kṛiṣṇa vetra* and *mūrcchita* cow *ghṛitam*.

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Process of Drug-Making: Obtain 375 gm. each of *vāsa*, *guḍūcī*, *harītakī*, *vibhītaka*, *āmalakī*, *paṭola*, *karañja*, *nimba*, *asana* and *kṛiṣṇa vetra*. Compound these materials together and prepare a *kalka*. Add 1 kg. of *mūrcchita* cow *ghṛitam* to the *kalka*. Also take all the above ten herbs in equal parts and raise 2 litre of their decoction. Combine all these ingredients together and cook medicinal *ghṛitam* out of it. This medicated *ghṛitam* is called *Vajraka Ghṛitam*.

Dosage: 6-12 gm.

Therapeutic benefits: It cures *kuṣṭha*. The patient of *kuṣṭha* whose ears, fingers, hands and legs have got infested with worms, and whose throat has been perforated regains his old healthy complexion, and he lives for one hundred years free from any disease by the appropriate use of this recipe.

(Cakradatt)

तिक्तकघृतम्–

त्रिफलाद्विनिशावासायासपर्पटकूलकान् । त्रायन्तीकटुकानिम्बान् प्रत्येकं द्विपलोन्मितान् ।।२३९।।
क्वाथयित्वा जलद्रोणे पादशेषेण तेन तु । घृतप्रस्थं पचेत्कल्कैः पिप्पलीघनचन्दनैः ।।२४०।।
त्रायन्तीशक्रभूनिम्बैस्तत्पीतं तिक्तकं घृतम् । हन्ति कुष्ठज्वरार्शांसि श्वयथुं ग्रहणीगदम् ।।२४१।।
पाण्डुरोगं विसर्पञ्च क्लीबानामपि शस्यते ।।२४२।।

239-242. Tiktaka Ghṛitam:

Ingredients: *Haraḍa*, *vibhītaka*, *āmalakī*, *haridrā*, *dāru haridrā*, *aḍuṣā pañcānga*, *yavāsā*, *parpaṭa*, *paṭola* leaves, *trāyamāṇā*, *kaṭukī*, bark of *nimba*, water, *mūrcchita* cow *ghṛitam*, *kalka* of *pippalī*, *mustā*, red sandalwood, *trāyamāṇā*, *indrayava* and *kirātatikta*.

Process of Drug-Making: Obtain 93 gm. each of *haraḍa*, *vibhītaka*, *āmalakī*, *haridrā*, *dāru haridrā*, *aḍuṣā pañcānga*, *yavāsā*, *parpaṭa*, *paṭola* leaves, *trāyamāṇā*, *kaṭukī* and bark of *nimba*. Coarsely ground these materials and decoct in water measuring 13 litre. Decoct the preparation until its original quantity is reduced to one fourth. Filter the reduced decoction. Collect *mūrcchita* cow *ghṛitam* measuring 750 ml. Prepare *kalka* of *pippalī*, *mustā*, red sandalwood, *trāyamāṇā*, *indrayava* and *kirātatikta* (each measuring 30 gm.). Combine all the materials and methodologically cook the preparation to obtain medicinal *ghṛitam*.

Method of use/Administration: This *Tiktak Ghṛitam* is to be taken in doses of 6-12 gm. along with lukewarm milk or water.

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Therapeutic benefits: It helps in checking *kuṣṭha*, fever, *arśa*, *śotha*, *grahaṇī* disorders, *pāṇḍu roga* and *visarpa*. It also helps in checking impotency.

(Cakradatt)

महातिक्तघृतम्–

सप्तच्छदंप्रतिविषांशम्पाकंतिक्तरोहिणींपाठाम्। मुस्तमुशीरंत्रिफलांपटोलपिचुमर्दपर्पटकम् ।।२४३।।
धन्वयासमपिचन्दनमुपकुल्येपद्मकंरजन्यौच । षड्ग्रन्थांसविशालांशतावरीं शारिवे चोभे ।।२४४।।
वत्सकबीजंवासांमूर्वाममृतांकिराततिक्तञ्च । कल्कान्कुर्यान्मतिमान्यष्ट्याह्वं त्रायमाणाञ्च ।।२४५।।
कल्कस्यचतुर्यांशोजलमष्टगुणंरसोऽमृतफलानाम्।द्विगुणोघृतात्प्रदेयस्तत्सर्पिःपाययेत्सिद्धम्।।२४६।।
कुष्ठानि रक्तपित्तं प्रबलान्यर्शांसि रक्तवाहीनि । वीसर्पमम्लपित्तं वातासृक्पाण्डुरोगञ्च ।।२४७।।
विस्फोटकान्सपामानुन्मादान्कामलांज्वरंकण्डूम्।हृद्रोगगुल्मपिडकामसृग्दरंगण्डमालाञ्च ।।२४८।।
हन्यादेतत्सद्यःपीतंकालेयथाबलं सर्पिः । योगशतैरप्यजितान् महाविकारान् महातिक्तम् ।।२४९।।

243-249. Mahātikta Ghṛitam:

Ingredients: *Saptacchada*, *prativiṣā*, *śampaka*, *tikta rohiṇī*, *pāṭhā*, *mustā*, *uśīra*, *harītakī*, *vibhītaka*, *āmalakī*, *paṭola*, *picumarda*, *parpaṭaka*, *dhanvyāsa*, *candana*, *pippalī*, *pippalīmūla*, *padmaka*, *haridrā*, *dāru haridrā*, *ṣaḍgrantha*, *viśālā*, *śatāvarī*, *śārivā*, *kṛiṣṇa śārivā*, seeds of *vatsaka*, *vāsa*, *mūrvā*, *amṛitā*, *kirātatikta*, *yaṣṭimadhu*, *trāyamāṇā*, *mūrcchita* cow *ghṛitam*, juice of *āmalakī* and water.

Process of Drug-Making: Take equal parts (i.e. 8 gm. each) of *saptacchada*, *prativiṣā*, *śampaka*, *tikta rohiṇī*, *pāṭhā*, *mustā*, *uśīra*, *harītakī*, *vibhītaka*, *āmalakī*, *paṭola*, *picumarda*, *parpaṭaka*, *dhanvyāsa*, *candana*, *pippalī*, *pippalīmūla*, *padmaka*, *haridrā*, *dāru haridrā*, *ṣaḍgrantha*, *viśālā*, *śatāvarī*, *śārivā*, *kṛiṣṇa śārivā*, seeds of *vatsaka*, *vāsa*, *mūrvā*, *amṛitā*, *kirātatikta*, *yaṣṭimadhu* and *trāyamāṇā*. Obtain 1 kg. *kalka* of these herbs. Cook the *kalka* along with *mūrcchita* cow *ghṛitam* (1 kg.), juice of *āmalakī* (2 litres) and water (16 litres). Methodologically cook this prepartion to obtained medicated *ghṛitam*.

Method of use/Administration: This medicated *ghṛitam* should be taken in appropriate time in a dose according to the strength of the patient. Dosage: 6-12 gm.

Therapeutic benefits: Intake of this medicated *ghṛitam* instantaneously cures *kuṣṭhas*, *rakta pitta* (a disease characterized by bleeding from different parts of the body), serious type of bleeding piles, erysipelas, *āmlapitta* (gastritis), *vāta rakta* (gout), *pāṇḍu* (anemia), *visphoṭa* (postular eruptions), *pāma* (skin problems),

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unmāda (insanity), *kāmalā* (jaundice), fever itching, heart disease, *gulma* (phantom tumour), menorrhagia and *gaṇḍamāla* (cervical lymphadenitis). This *Mahātikta Ghṛitam* cures serious types of diseases even if these were not amenable to hundreds of other recipes.

(Caraka)

सोमराजीघृतम्–

खदिरस्य पलान्यष्टौ सोमराज्याः पलद्वयम् । त्रिफला पिचुमर्दश्च दारु दार्वी च पर्पटम् ।।२५०।।
पृथक्पलंसमुद्धृत्यसिंहिकायाः पलद्वयम् । जलाढकद्वये साध्यं यावत् पादावशेषितम् ।।२५१।।
क्वाथेनानेन मृद्वग्नौ घृतप्रस्थं विपाचयेत् । चतुष्पलं सोमराज्याः खदिरस्य पलं पृथक् ।।२५२।।
पटोलमूत्रंत्रिफलात्रायमाणा दुरालभा । कल्कार्थं कटुकञ्चापि कर्षांशान् सूक्ष्मकुट्टितान् ।।२५३।।
पलद्वयं कौशिकस्य शुद्धस्यात्र प्रदापयेत् । सिद्धं सर्पिरिदं श्वित्रं हन्यादम्भ इवानलम् ।।२५४।।
मेहपीनसकुष्ठघ्नं पीतं दीपनपाचनम् । आमवातापतन्त्राणां पाण्डुप्रदररोगिणाम् ।।२५५।।
अष्टादशानां कुष्ठानां भेषजं परमं मतम् । सोमराजीघृतं नाम निर्मितं ब्रह्मणा पुरा ।।२५६।।

250-256. Somarāji Ghṛitam:

Ingredients: *Khadirā*, *vākucī*, *tṛiphalā*, *neem*, *devadāru*, *dāru haridrā*, *parpaṭa*, *kañṭakārī*, water, powders of *vākucī*, bark of *khadira*, root of *paṭola latā*, *haraḍa*, *vibhītaka*, *āmalakī*, *trāyamāṇā*, *yavāsā* and *kaṭukī*, purified *guggulu* and *mūrcchita* cow *ghṛitam*.

Process of Drug-Making: Obtain the following: 375 gm. of *khadira*, 93 gm. of *vākucī*, 46 gm. each of *tṛiphalā*, *neem*, *devadāru*, *dāru haridrā* and *parpaṭa* along with 92 gm. of *kañṭakārī*. Coarsely ground these ingredients and cook the mix along with 6 litre measure of water. When the preparation is reduced to one fourth, remove it and filter the same. Prepare *kalka* from the powders of *vākucī* (185 gm.), bark of *khadira* (46 gm.), root of *paṭola latā*, *haraḍa*, *vibhītaka*, *āmalakī*, *trāyamāṇā*, *yavāsā* and *kaṭukī* (each measuring 12 gm.) along with powdered purified *guggulu* measuring 93 gm.

Combine the above mentioned decoction and *kalka* with *mūrcchita* cow *ghṛitam* (750 ml.) and 3 litre of water. Methodologically cook the preparation and obtain medicinal *ghṛitam*.

Dosage: 6-12 gm. along with warm milk or water.

Therapeutic benefits: This medicinal *ghṛitam* is very effective in checking *śvitra kuṣṭha*. The effect is similar to that of the fire in evaporating water. It also checks *prameha*, *pīnas*, *kuṣṭha*, *āmavāta*, *apatañtraka*, *pāṇḍu*, *pradara* and 18

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types of *kuṣṭha*. It promotes digestive power as well. This precious medicine has been prepared by God Brahmā.

(Vangasen)

पञ्चतिक्तघृतम्–

निम्बं पटोलं व्याघ्रीञ्चगुडूचीं वासकं तथा । कुर्याद्दशपलान् भागानेकैकस्य सुकुट्टितान् ।।२५७।।
जलद्रोणे विपक्तव्यं यावत्पादावशेषितम् । घृतप्रस्थं पचेत्तेन त्रिफलागर्भसंयुतम् ।।२५८।।
पञ्चतिक्तमिदंख्यातंसपिःकुष्ठविनाशनम् । अशीतिंवातजान्रोगांश्चत्वारिंशच्च पैत्तिकान् ।।२५९।।
विंशतिं श्लैष्मिकांश्चैव पानादेवापकर्षति । दुष्टव्रणक्रिमीनर्शःपञ्चकासांश्च नाशयेत् ।।२६०।।

257-260. Pañcatikta Ghṛitam:

Ingredients: *Nimba*, *paṭola*, *vyāghrī*, *guḍūcī*, *vāsaka*, water, *mūrcchita* cow *ghṛitam* and *kalka* of *tṛiphalā* herbs.

Process of Drug-Making: Take 470 gm. each of *nimba*, *paṭola*, *vyāghrī*, *guḍūcī* and *vāsaka*. Compound them into a powder and decoct the same in water measuring 13 litre until it is reduced to one fourth. Add to this decoction, 750 ml. of *mūrcchita* cow *ghṛitam* and *kalka* of *tṛiphalā* herbs measuring 188 g. This well known medicated *ghṛitam* is called *Pañcatikta Ghṛitam*.

Dosage: 6-12 gm. along with warm milk or water.

Therapeutic benefits: It cures *kuṣṭha*, eighty varieties of *vāta roga* (diseases caused by vitiated *vāta*), forty varieties of *pitta roga* (diseases caused by vitiated *pitta*), twenty varieties of *kapha roga* (diseases caused by vitiated *kapha*), polluted ulcer, *kṛimis* (parasitic infestation), piles and five varieties of *kāsa* (bronchitis).

(Cakradatt)

महाखदिरकं घृतम्–

खदिरस्रू तुलाः पञ्च शिंशपासनयोस्तुले । तुलार्द्धाः सर्व एवैते करञ्जारिष्टवेतसाः ।।२६१।।
पर्पटः कुटजश्चैव वृषः कृमिहरस्तथा । हरिद्रे कृतमालश्च गुडूची त्रिफला त्रिवृत् ।।२६२।।
सप्तपर्णश्च संक्षुद्य दशद्रोणेन वारिणा । अष्टभागावशेषन्तु कषायमवतारयेत् ।।२६३।।
धात्रीरसञ्च तुल्यांशं सर्पिषश्चाढकं पचेत् । महातिक्तककल्कैश्च यथोक्तैः पलसम्मितैः ।।२६४।।
निहंन्ति सर्वकुष्ठानि पानाभ्यङ्गनिषेवणात् । महाखदिरमित्येतत्सर्वकुष्ठविनाशनम् ।।२६५।।

261-265. Mahā Khadiraka Ghṛitam:

Ingredients: *Khadirā*, *śimśapa*, *asana*, *karañja*, *ariṣṭa* (*nimba*), *vetasa*, *parpaṭa*, *kuṭaja*, *vāsaka*, *viḍanga haridrā*, *dāru haridrā*, *kṛitamāla*, *guḍūcī*,

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harītakī, *vibhītaka*, *āmalakī*, *tṛivṛit*, *saptaparṇa*, water, *āmalakī* juice and *mūrcchita* cow *ghṛitam*.

Process of Drug-Making: Obtain the following: 25 kg. of *khadira*, 5 kg. each of *śimśapa* and *asana* along with 2.50 kg. each of *karañja*, *ariṣṭa* (*nimba*), *vetasa*, *parpaṭa*, *kuṭaja*, *vāsaka*, *viḍanga haridrā*, *dāru haridrā*, *kṛitamalā*, *guḍūcī*, *harītakī*, *vibhītaka*, *āmalakī*, *tṛivṛit* and *saptaparṇa*. Coarsely powder these materials and decoct them in water measuring 130 litre until the original quantity is reduced to one eighth. Add to this decoction, 3 litre each of *āmalakī* juice and *mūrcchita* cow *ghṛitam*. Also prepare a *kalka* of the above mentioned drugs (each taken in measure of 46 gm.) and add it to the preparation. Cook this preparation methodologically to obtain medicated *ghṛitam*. This medicated *ghṛitam* is called *Mahā Khadira Ghṛitam*.

Method of use/Administration: It should be used as a drink in doses of 6-12 gm. along with warm milk or water. It can also be used for massage.

Therapeutic benefits: It is an excellent recipe for curing *kuṣṭha*.

(Caraka)

उन्मत्ततैलम् (विपादिकायाम्)–

उन्मत्तकस्य बीजेन माणकक्षारवारिणा । कटुतैलं विपक्तव्यं शीघ्रं हन्ति विपादिकाम् ।।२६६।।

266. Unmatta Tailam

Get *mūrcchita* mustard oil (1 litre) and cook it along with *kalka* of *dhūstūra* seeds (250 ml.), water (4 litres) mixed with *kṣāra* (alkali preparation) of *māṇaka* (250 gm.). Regular application of this medicated oil quickly cures *vipādi ka*.

(Cakradatt)

कच्छूराक्षसतैल–

मनःशिलाऽऽलंकासीसंगन्धाश्मसिन्धुजन्मच । स्वर्णक्षीरीशिलाभेदीशुण्ठीकुष्ठञ्चमागधी।।२६७।।
लाङ्गली करवीरश्चदद्रुघ्नःक्रिमिहाऽनलः । दन्तीनिम्बदलञ्चैभिः पृथक् कर्षमितैर्भिषक् ।।२६८।।
कल्कीकृत्य पचेत्तैलं कटुप्रस्थद्वयोन्मितम् । अर्कसेहुण्डदुग्धेन पृथक् पलमितेन च ।।२६९।।
गोमूत्रस्याढकेनापि शनैर्मृद्वग्निना पचेत् । अभ्यङ्गेन हरेदेतत् कच्छूदुःसाध्यतामपि ।।२७०।।
पामानञ्च तथा कण्डूं त्वग्व्याधिरुधिरामयान् । कच्छूराक्षसनामेदं तैलं हारीतभाषितम् ।।२७१।।

267-271. Kacchūrākṣasa Tailam:

Ingredients: *Manahśilā*, *haritāla*, *kaśīśa*, purified *gandhaka*, rock salt, root of *svarṇakṣīrī*, *pāṣāṇabheda*, dried ginger, *kuṣṭha*, *pippalī*, root of *lāngalī*, root of

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karavīra, seeds of *dadrughana*, *vāyaviḍanga*, bark of *citraka*, root of *dantī*, leaves of *nimba*, *mūrcchita* mustard oil, *arka* latex, *sudhā* latex, cow urine and water.

Process of Drug-Making: Prepare *kalka* of the following measuring 12 gm. each: *manahśilā*, *haritāla*, *kaśīśa*, purified *gandhaka*, rock salt, root of *svarṇakṣīrī*, *pāṣāṇabheda*, dried ginger, *kuṭaja*, *pippalī*, root of *lāngalī*, root of *karavīra*, seeds of *dadrughana*, *vāyaviḍanga*, bark of *citraka*, root of *dantī* and leaves of *nimba*. Combine this *kalka* with 1.500 litre measure of *mūrcchita* mustard oil, 46 ml. each of *arka* latex and *sudhā* latex along with 3 litre each of cow urine and water. This *Kacchurākṣas Tailam* has been prepared by Hārīt.

Therapeutic benefits: This oil is capable of curing difficult *kacchū*, *pāma*, *kaṇḍu*, all skin diseases and all blood disorders.

(*Bhāvaprakāśa*)

पञ्चाननतैलम् (श्वित्रे)–

एरण्डतुलसीबीजं वागुजी चक्रमर्दकम् । तिक्तकोषातकीबीजंकृष्णाऽङ्कोठस्य बीजकम् ।।२७२।।
गोमूत्रदधिदुग्धैश्च पचेदप्याजमूत्रकैः । कल्कंदत्त्वाशिला काशी पथ्या कुष्ठं विडङ्गकम् ।।२७३।।
कटुतैलञ्च तल्लेपादीषद् घृष्ट्वा विलेपनैः । पञ्चाननमिदं तैलं श्वेतकुष्ठकुलापहम् ।।२७४।।

272-274. Pañcānana Tailam:

Ingredients: Seeds of *eraṇḍa*, seeds of *tulasī*, *vākucī*, seeds of *cakramardam*, seeds of bitter *koṣatakī*, seeds of *angkoṭha*, *manahśilā*, *kaśīśa*, *haraḍa*, *kuṭaja*, *vāyaviḍanga*, *mūrcchita* mustard oil, cow urine, cow curd, cow milk, goat's urine and water.

Process of Drug-Making: Obtain 20 gm. each of: seeds of *eraṇḍa*, seeds of *tulasī*, *vākucī*, seeds of *cakramardam*, seeds of bitter *koṣatakī*, seeds of *angkoṭha*, *manahśilā*, *kaśīśa*, *haraḍa*, *kuṭaja* and *vāyaviḍanga*. Prepare *kalka* out of these ingredients. Combine the *kalka* with 1 litre each of *mūrcchita* mustard oil, cow urine, cow milk curd, cow milk and goat's urine along with 4 litre of water. Methodologically cook the preparation and obtain medicinal oil.

Method of use/Administration: First, rub the *śvitra* affected part of the body with a copper coin and subsequently apply this *Pañcānana Tail*.

Therapeutic benefits: It cures all types of white *kuṣṭha*.

आरग्वधाद्यं तैलम् (श्वित्रे)–

आरग्वधं धवं कुष्ठं हरितालं मनःशिला । रजनीद्वयसंयुक्तं पचेत्तैलं विधानवित् ।।

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एतेनाभ्यञ्जनादेव क्षिप्रं श्वित्रं विनश्यति ।।२७५।।

275. Āragvadhādya Tailam:

Ingredients: *Āragvadha, dhava, kuṣṭha, haritāla, manahśilā, haridrā, dāru haridrā, mūrcchita* oil and water.

Process of Drug-Making: Take 35 gm. each of *āragvadha, dhava, kuṣṭha, haritāla, manahśilā, haridrā* and *dāru haridrā*. Prepare a *kalka* of these materials. Combine it with 1 litre of *mūrcchita* oil and 4 litre of water. Cook the preparation methodologically and obtain medicinal oil.

Method of use/Administration: The patient suffering from *śvitra* (leucoderma) patches should be given massage with this medicated oil.

Therapeutic benefits: It cures leucoderma.

(*Bhāvaprakāśa*)

सिन्दूराद्यतैलम् पामायाम् (च. द.)–

सिन्दूरार्धपलं पिष्टवा जीरकस्य पलन्तथा । कटुतैलं पचेन्मानीं सद्यः पामाहरं परम् ।।२७६।।

276. Sindūrādya Tailam:

Ingredients: *Sindūra*, cumin seeds, *mūrcchita kaṭu taila* (mustard oil) and water.

Process of Drug-Making: Prepare *kalka* of *sindūra* (23 gm.) and cumin seeds (46 gm.). Combine this *kalka* with 250 ml. of *mūrcchita kaṭu taila* (mustard oil) and 1 litre of water. Methodologically cook the preparation and obtain medicinal oil.

Therapeutic benefits: Use this oil to get relief from *pāma*.

(*Bhāvaprakāśa*)

जीरकाद्यतैलम् (यो. र.)–

जीरकस्य पलं पिष्ट्वा सिन्दूरार्द्धपलन्तथा । कटुतैलं पचेदाभ्यां सद्यःपामाहरं परम् ।।२७७।।
वृद्धवैद्योपदेशेन पाच्यं तैलं पलाष्टकम् ।।२७८।।

277-278. Jirakādya Tailam:

Ingredients: Cumin seeds, *sindūra, mūrcchita* mustard oil and water.

Process of Drug-Making: Prepare *kalka* of cumin seeds measuring 60 gm. along with 30 gm. of *sindūra*. According to the instructions of senior physicians,

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combine this *kalka* with 384 ml. measure of *mūrcchita* mustard oil and 1536 ml. of water. Methodologically cook the preparation and obtain medicinal oil out of it.

Method of use/Administration: External application.

Therapeutic benefits: This oil helps in curing all types of *pāma*.

(*Yoga Ratnākar*)

अर्कमनःशिलातैलम् (च. द.)–

अर्कपत्ररसे पक्वं कटुतैलं निशायुतम् । मनःशिलायुतं वाऽपि पामाकण्ड्वादिनाशनम् ।।२७९।।

279. Arkamanahśilā Tailam:

Ingredients: *Mūrcchita* mustard oil, juice of the leaves of *arka* and *niśā* (*haridrā*) or *manahśilā*.

Process of Drug-Making: Get *mūrcchita* mustard oil (1 litre) and cook it with the juice of the leaves of *arka* (4 litres) along with 250 gm. *kalka* prepared out of *niśā* (*haridrā*) or *manahśilā*. Cook the preparation accordingly and obtain medicinal oil.

Method of use/Administration: External application.

Therapeutic benefits: This oil cures diseases like *pāma*, *kaṇḍu*, etc.

(Cakradatt)

आदित्यपाकतैलम् (च. द.)–

मञ्जिष्ठात्रिफलालाक्षानिशाशिलाऽऽलगन्धकैः । चूर्णितैस्तैलमादित्यपाकंपामाहरं परम् ।।२८०।।

280. Ādi tyapāka Tailam:

Ingredients: Powders of *manjiṣṭhā*, *harītakī*, *vibhītaka*, *āmalakī*, *lākṣā*, *niśā*, *manahśilā*, *āla* (*haritāla*), *gandhaka* and *mūrcchita* oil.

Process of Drug-Making: Get 20 gm. each of the powders of *manjiṣṭhā*, *harītakī*, *vibhītaka*, *āmalakī*, *lākṣā*, *niśā*, *manahśilā*, *āla* (*haritāla*) and *gandhaka*. Mix them with *mūrcchita* oil (750 ml.) and expose the preparation to the sun rays.

Method of use/Administration: External application.

Therapeutic benefits: This oil is very effective for the cure of *pāma*.

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दूर्वाद्यतैलम् (च. द.)–

स्वरसेन च दूर्वायाः पचेत्तैलं चतुर्गुणे । कच्छूविचर्चिकापामा अभ्यङ्गादेव नाशयेत् ।।२८१।।

281. Durvādya Tailam:

Ingredients: *Mūrcchita* sesame oil, juice of *dūrvā* and water.

Process of Drug-Making: Get *mūrcchita* sesame oil (1 litre) and cook it along with 4 litre juice of *dūrvā* and 4 litre of water. Cook the preparation along with 250 mg. of the *kalka* of *dūrvā*.

Method of use/Administration: External application.

Therapeutic benefits: This oil cures *kacchū*, *vicarcikā* and *pāma*.

(Cakradatt)

सिन्दूराद्यतैलम् महत् (च. द.)–

सिन्दूरं चन्दनं मांसीं विडङ्गं रजनीद्वयम् । प्रियङ्गुपद्मकं कुष्ठं मञ्जिष्ठां खदिरं वचाम् ।।२८२।।
जात्यर्कत्रिवृतानिम्बकरञ्जं विषमेव च । कृष्णवेत्रकलोध्रञ्च प्रपुन्नाडञ्च संहरेत् ।।२८३।।
श्लक्ष्णपिष्टानि सर्वाणि योजयेत्तैलमात्रया । अभङ्गेन प्रयुञ्जीत सर्वकुष्ठविनाशनम् ।।२८४।।
पामाविचर्चिकाकण्डूवीसर्पादिविनाशनम् । रक्तपित्तोत्थितान्हन्ति रोगानेवंविधान् बहून् ।।२८५।।

282-285. Sindūrādya Taila (Major Recipe):

Ingredients: *Sindūra*, *candana*, *mānsī*, *viḍanga*, *haridrā*, *dāru haridrā*, *priyangu*, *padmaka*, *kuṣṭha*, *manjiṣṭhā*, *khadira*, *vacā*, *jātī*, *arka*, *tṛivṛit*, *nimba*, *karañja*, *viṣa*, *kṛiṣṇa vetra*, *lodhra*, *prapunnāḍa*, *mūrcchita* oil and water.

Process of Drug-Making: Take equal parts (i.e. 12 gm. each) of *sindūra*, *candana*, *mānsī*, *viḍanga*, *haridrā*, *dāru haridrā*, *priyangu*, *padmaka*, *kuṣṭha*, *manjiṣṭhā*, *khadira*, *vacā*, *jātī*, *arka*, *tṛivṛit*, *nimba*, *karañja*, *viṣa*, *kṛiṣṇa vetra*, *lodhra* and *prapunnāḍa*. Coarsely powder these ingredients and prepare a *kalka* out of their mix. Combine this *kalka* with 1 litre of *mūrcchita* oil and 4 litre of water. Cook this preparation accordingly and obtain medicated oil.

Method of use/Administration: External application.

Therapeutic benefits: This oil cures different types of *kuṣṭha*, *pāma*, *vicarciika*, *kacchū*, *visarpa* (erysipelas), etc, and similar types of many other diseases caused by *rakta pitta* (a disease characterized by bleeding from different parts of the body).

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करवीराद्यतैलम् (च. चि. अ. ७)–

श्वेतकरवीररसोगोमूत्रंचित्रकं विडङ्गञ्च । कुष्ठेषु तैलयोगः सिद्धोऽयं सम्मतो भिषजाम् ।।२८६।।

286. Karavīrādya Tailam:

Ingredients: *Śveta karavīra*, cow urine, *citraka* roots, *vāyaviḍanga* and *mūrcchita* oil.

Process of Drug-Making: Take 4 litre each of the decoction of *śveta karavīra* and cow urine. Also prepare *kalka*s measuring 125 gm. each of *citraka* roots as well as *vāyaviḍanga*. Take 1 litre of *mūrcchita* oil and combine all the ingredients. Cook the preparation and obtain medicated oil.

Therapeutic benefits: This medicated oil is useful for the cure of *kuṣṭhas*. This effective recipe is popularly used by the physicians.

(*Ca. Ci. A.*)

श्वेतकरवीराद्यतैलम् अपरम्–

श्वेतकरवीरमूलंविषांशसाधितं गोमूत्रे । चर्मदलसिध्मपामाविस्फोटक्रिमिकिटिमजित्तैलम् ।।२८७।।

287. Śveta Karavīrādya Tailam:

Ingredients: *Śveta karavīra*, *vatsanābha viṣa*, *mūrcchita* sesame oil and cow urine.

Process of Drug-Making: Get 125 gm. each of *śveta karavīra* and *vatsanābha viṣa*. Prepare a *kalka* of these materials and combine it with 1 litre of *mūrcchita* sesame oil and 4 litre of cow urine. Cook the preparation accordingly.

Therapeutic benefits: Application of the cooked medicated oil cures *carmadala*, *sidhma*, *pāma*, *visphoṭa*, *kṛimi* and *kiṭṭima*.

(Caraka)

गण्डीरिकाद्यं तैलम् (च. द.)–

गण्डरिकाचित्रकमार्कवार्ककुष्ठद्रुमत्वग्लवणैःसमूत्रैः ।
तैलं पचेन्मण्डलकुष्ठदद्रुदुष्टव्रणारुःकिटिमापहारिः ।।२८८।।

288. Gandirikādya Tailam:

Ingredients: *Gandirikā* (*snuhī*), *citraka*, *mārkava*, *arka*, *kuṣṭha*, the bark of *druma* (*āragvadha*), *rock salt*, cow's urine and *mūrcchita* oil.

Process of Drug-Making: Get 35 gm. each of *gandirikā* (*snuhī*), *citraka*, *mārkava*, *arka*, *kuṣṭha*, the bark of *druma* (*āragvadha*) and *rock salt*. Prepare a

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kalka of these materials and combine it with cow's urine (4 litres) and *mūrcchita* oil (1 litre). Cook medicinal oil out of this preparation.

Therapeutic benefits: Application of this oil cures *manḍala* type of *kuṣṭha*, *dadru*, putrefied ulcer, *śatāru* and *kiṭṭima*.

(Cakradatt)

कृष्णसर्पतैलम्–

मृतस्य कृष्णसर्पस्य शिरःपुच्छान्त्रवर्जितम् । अन्तर्धूमकृतं भस्म वागुजीतैलमिश्रितम् ।।
एतेन मर्दनादेव गलत्कुष्ठं विनश्यति ।।२८९।।

289.Kṛiṣṇa Sarpa Tailam:

Ingredients: A dead snake's body and *Somarājī Tail* (see 312 below.)

Process of Drug-Making: Exclude a dead snake's head, tail and intestines and gather the rest of the body in a *śarāva saṁpuṭa*. Close the *saṁpuṭa* tightly and make an *antaradhūma bhasma* out of the body parts.

Method of use/Administration: Use it for massage along with the *Somarājī Tail*.

Therapeutic benefits: It checks *galita kuṣṭha*.

पृथ्वीसारतैलम् (च. द.)–

चित्रकस्याथ निर्गुण्ड्या हयमारस्य मूलतः । नाडीचबीजाद्विषतःकाञ्जीपिष्टं पलं पलम् ।।२९०।।
करञ्जतैलाष्टपलं काञ्जिकस्य पलं पुनः । मिश्रितं सूर्यसम्पक्वं तैलं कुष्ठव्रणास्रजित् ।।२९१।।

290-291. Pṛithvisāra Tailam:

Ingredients: Roots of *citraka*, *nirgunḍī*, *hayamāra*, seeds of *nāḍīca*, *viṣa*, *karañja* oil, *kānji* and water.

Process of Drug-Making: Take 46 gm. each of the roots of *citraka*, *nirgunḍī* and *hayamara*, seeds of *nāḍīca* and *viṣa*. Compound these materials with *kānji* and prepare a *kalka*. Combine this *kalka* with *karañja* oil (375 ml.), *kānji* (46 ml.) and water (375 ml.). Mix this preparation well and keep it exposed to the sun-rays.

Method of use/Administration: When the moisture is evaporated use the recipe externally.

Therapeutic benefits: It cures *kuṣṭha*, ulcer and vitiation of blood.

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कुष्ठकालानलतैलम्–

सूतं गन्धं शिलां तालंकाञ्जिकैर्मर्द्दयेद्दिनम् । तल्लिप्तवस्त्रवर्त्ति तां तैलाक्तां ज्वालयेदधः ।।२९२।।
स्थिते पात्रे पचेत्तैलं गृहीत्वा लेपयेत्ततः । कुष्ठस्थानं विशेषेण सर्वकुष्ठं हरत्यलम् ।।
इदं कालानलं तैलं वातकुष्ठमहौषधम् ।।२९३।।

292-293. Kuṣṭhakālānala Tailam:

Ingredients: *Pārada*, *gandhaka*, *manahśilā*, *haritāla*, *kānji* and *mūrcchita* oil.

Process of Drug-Making: Obtain 50 gm. each of *pārada*, *gandhaka*, *manahśilā* and *haritāla*. Triturate their mix with *kānji* for one day. Paste the resultant compound on a piece of cloth and let it dry. Prepare wicks out of it and dip them in *mūrcchita* oil (1 litre). Hold the wicks with a pair of forceps and lit it. The same should be carried in such a way that the oil should trickle from the burning wick. Collect the trickling oil in a vessel that has been kept below the wick.

Method of use/Administration: Apply the collected oil on *kuṣṭha* affected parts.

Therapeutic benefits: This measure would help in relieving all types of *kuṣṭha*. This oil is considered to be a major medicine for curing *vāta kuṣṭha*.

कुष्ठराक्षसं तैलम्–

सूतकं गन्धकं कुष्ठं सप्तपर्णञ्च चित्रकम् । सिन्दूरञ्च रसोनञ्च हरितालमवल्गुजम् ।।२९४।।
आरग्वधस्य बीजानि जीर्णताम्रं मनःशिला । प्रत्येकं कर्षमेतेषां कटुतैलं पलाष्टकम् ।।२९५।।
साधयेत्सूर्यतापेन सर्वकुष्ठविनाशनम् । श्वित्रमौदुम्बरं कच्छूं मांसवृद्धिं भगन्दरम् ।।२९६।।
विचर्चिकाञ्च पामानं वातरक्तं सुदारुणम् । गम्भीरञ्च तथोत्तानं नाशयेदस्य म्रक्षणात् ।।२९७।।
कुष्ठराक्षसनामेदं सवर्णकरणं परम् । अश्विभ्यां निर्मितं ह्येतल्लोकानुग्रहहेतवे ।।२९८।।

294-298. Kuṣṭharākṣasam Tailam:

Ingredients: *Pārada*, *gandhaka*, *kuṣṭha*, bark of *saptaparṇa*, bark of *citraka*, *sindūra*, pulp of garlic, *haritāla*, *vākucī*, seeds of *āragvadha*, *tāmra bhasma*, *manahśilā*, *mūrcchita* mustard oil and water.

Process of Drug-Making: Prepare *kalka* of the following measuring 12 gm. each: *pārada*, *gandhaka*, *kuṣṭha*, bark of *saptaparṇa*, bark of *citraka*, *sindūra*, pulp of garlic, *haritāla*, *vākucī*, seeds of *āragvadha*, *tāmra bhasma* and *manahśilā*. Combine them with 375 ml. of *mūrcchita* mustard oil and 750 ml. of water. Keep the preparation under strong sunlight. Store the preparation only when it is reduced to oil.

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Therapeutic benefits: This oil is capable of checking all types of *kuṣṭha*, *śvitra*, *audumbara kuṣṭha*, *kacchū*, enlargement of body tissues, *bhagandara*, *vicarcikā*, *pāma*, severe and difficult cases of *uttāna vātarakta*. It rejuvenates the skin that has been affected by *vraṇa*. This medicinal oil has been prepared by Aśvinī Kumāras in ancient days for the benefit of mankind.

षड्बिन्दुतैलम्–

सिन्दूरामृततालगैरिकहलाऽजाजीगदत्र्यूषणै–र्हत्पाषाणरसोनबाणदहनस्नुह्यर्कदुग्धैर्निशा–
राजीगन्धकहिङ्गुभिः परिमितैः शुक्त्या पचेत्सार्षपं–
तैलं प्रस्थमितं घृतस्य कुडवं पात्रं तथाऽर्काद्रसम् ।।२९९।।
गोमूत्रञ्च तथा विलीय सकलं पूतं शृतं रोगिणे ।
दद्यात्कुष्ठविचर्चिकादिषु भिषङ् नाम्नातुषड्बिन्दुकम् ।।३००।।

299-300. Ṣaḍabindu Tailam:

Ingredients: *Sindūra*, *vatsanābha viṣa*, *haritāla*, *svarṇa gairika*, root of *lāngalī*, white cumin, *kuṭaja*, dried ginger, *marica*, *pippalī*, *manahśilā*, garlic, *śarapunkha*, bark of *citraka*, latex of *snuhī*, latex of *arka*, *haridrā*, *rājī*, *gandhaka*, *hingu*, *mūrcchita* mustard oil, cow *ghṛitam*, juice of *arka* leaves and cow urine.

Process of Drug-Making: Prepare *kalka* of the following measuring 20 gm. each: *sindūra*, *vatsanābha viṣa*, *haritāla*, *svarṇa gairika*, root of *lāngalī*, white cumin, *kuṭaja*, dried ginger, *marica*, *pippalī*, *manahśilā*, garlic, *śarapunkha*, bark of *citraka*, latex of *snuhī*, latex of *arka*, *haridrā*, *rājī*, *gandhaka* and *hingu*. Combine this *kalka* with *mūrcchita* mustard oil measuring 750 ml. and 190 gm. of cow *ghṛitam* along with 3 litre each of juice of *arka* leaves and cow urine. Methodologically cook the preparation and obtain medicinal oil. The oil thus obtained is *Ṣaḍbindu Taila*.

Therapeutic benefits: It is helpful in alleviating *kuṣṭha*, *vicarcikā* and all the skin diseases.

मरिचाद्यं तैलम्–

मरिचालशिलाब्दार्कपयोऽश्वारिजटात्रिवृत्शकृद्रसविशालारुङ्निशायुग्दारुचन्दनैः ।।३०१।।
कटुतैलात्पचेत्प्रस्थं ह्यक्षैर्विषपलान्वितैः । सगोमूत्रैस्तदभ्यङ्गाद् दद्रुश्वित्रविनाशनम् ।।
सर्वेष्वपि च कुष्ठेषु तैलमेतत्प्रशस्यते ।।३०२।।

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301-302.Maricādya Tailam:

Ingredients: *Marica*, *haritāla*, *manahśilā*, *mustā*, latex of *arka*, root of *karavīra*, *tṛivṛit*, juice of cow-dung, *viśālā*, *kuṣṭha*, *haridrā*, *dāru haridrā*, *candana*, *vatsanābha viṣa* (aconite), *mūrcchita* mustard oil and cow's urine.

Process of Drug-Making: Get 23 gm. each of *marica*, *haritāla*, *manahśilā*, *mustā*, latex of *arka*, root of *karavīra*, *tṛivṛit*, juice of cow-dung, *viśālā*, *kuṣṭha*, *haridrā*, *dāru haridrā* and *candana* along with 46 gm. of *vatsanābha viṣa* (aconite). Prepare a *kalka* of these materials and combine it with *mūrcchita* mustard oil (1 litre) and cow's urine (3 litres). Cook medicinal oil out of it.

Method of use/Administration: Use this oil for massage.

Therapeutic benefits: It is useful in checking ring-worm, leucoderma and all types of *kuṣṭha*.

(Cakradatt)

मरिचाद्यं तैलम् बृहत्–

मरिचं त्रिवृता दन्ती क्षीरमार्कं शकृद्रसः । देवदारु हरिद्रे द्वे मांसी कुष्ठं सचन्दनम् ।।३०३।।
विशालाकरवीरञ्चं हरितालं मनःशिला । चित्रको लाङ्गलाख्या च विडङ्गं चक्रमर्दकम् ।।३०४।।
शिरीषंकुटजोनिम्बः सप्तपर्णस्नुहामृता । शम्पाको नक्तमालोऽब्दं खदिरं पिप्पली वचा ।।३०५।।
ज्योतिष्मती चपलिका विषस्य द्विपलं भवेत् । आढकं कटुतैलस्य गोमूत्रञ्च चतुर्गुणम् ।।३०६।।
मृत्पात्रे लौहपात्रेवाशनैर्मृद्वग्निना पचेत् । पक्त्वा तैलवरं ह्येतन्म्रक्षयेत् कुष्ठकान् व्रणान् ।।३०७।।
पामाविचर्चिकादद्रुकण्डूविस्फोटकानि च । वलयः पलितं छाया नीली व्यङ्गं तथैव च ।।३०८।।
अभ्यङ्गेन प्रणश्यन्ति सौकुमार्याञ्च जायते । प्रथमे वयसि स्त्रीणां यासां नस्यन्तु दीयते ।।३०९।।
परामपि जरांप्राप्य न स्तना यान्ति नम्रताम् । बलीवर्दस्तुरङ्गो वा गजो वा वायुपीडितः ।।३१०।।
त्रिभिरभ्यञ्जनैर्गाढं भवेन्मारुतविक्रमः ।।३११।।

303-311. Maricādya Tailam (Major Recipe):

Ingredients: *Marica*, *tṛivṛit*, *dantī*, latex of *arka*, juice of cow-dung, *devadāru*, *haridrā*, *dāru haridrā*, *jaṭāmānsī*, *kuṣṭha*, *candana*, *viśālā*, *karavīra*, *haritāla*, *manahśilā*, *citraka*, *lāngali*, *cakramarda*, *śirīṣa*, *kuṭaja*, *nimba*, *saptaparṇa*, *snuhī*, *amṛitā*, *śampāka*, *naktamalā*, *mustā*, *khadira*, *pippalī*, *vacā*, *jyotiṣmatī*, *viṣa* (aconite), *mūrcchita* mustard oil and cow urine.

Process of Drug-Making: Get 46 gm. each of *marica*, *tṛivṛit*, *dantī*, latex of *arka*, juice of cow-dung, *devadāru*, *haridrā*, *dāru haridrā*, *jaṭāmānsī*, *kuṣṭha*, *candana*, *viśālā*, *karavīra*, *haritāla*, *manahśilā*, *citraka*, *langali*, *cakramarda*, *śirīṣa*, *kuṭaja*, *nimba*, *saptaparṇa*, *snuhī*, *amṛitā*, *śampāka*, *naktamalā*, *mustā*,

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khadira, *pippalī*, *vacā* and *jyotiṣmatī* along with and 93 gm. of *viṣa* (aconite). Compound them and prepare a *kalka*. Combine it with *mūrcchita* mustard oil (3 litres) and cow urine (12 litres). Cook the preparation methodologically and obtain medicated oil.

Method of use/ Administration and Therapeutic benefits: This medicated oil should be rubbed over the ulcers caused by *kuṣṭha* for their cure. Its massage also cures *pāma*, *vicarcikā*, ring-worm, itches, *visphoṭaka*, premature wrinkles and graying of hair, and the like. By massage of this oil, the skin becomes soft and glossy. If this oil is used for *nasya* (inhalation therapy) by ladies in their young age, then their breasts do not hang down even when they become very old. It cures aggravated *vāta* in bullocks, horses and elephants by massaging with this oil for three times and they run very fast.

(Cakradatt)

सोमराजीतैलम्–

सोमराजी हरिद्रे द्वे सर्षपाः कुष्ठमेव च । करञ्जैडगजाबीजं पत्राण्यारग्वधस्य च ।।३१२।।
विपचेत्सार्षपं तैलं नाडीदुष्टव्रणापहम् । अनेनाशु प्रशाम्यन्ति कुष्ठान्यष्टादशैव तु ।।३१३।।
नीलिका पिडका व्यङ्गो गम्भीरं वातशोणितम् । कण्डूकच्छूप्रशमनं दद्रुपामानिवारणम् ।।३१४।।

312-314. Somarāji Tailam:

Ingredients: *Somarāji*, *haridrā*, *dāru haridrā*, *sarṣapa*, *kuṣṭha*, *karañja*, seeds of *eḍagaja*, leaves of *āragvadha*, mustard and water.

Process of Drug-Making: Get equal parts (i.e. 23 gm. each) of *somarājī*, *haridrā*, *dāru haridrā*, *sarṣapa*, *kuṣṭha*, *karañja*, seeds of *eḍagaja* and leaves of *āragvadha*. Compound all these materials and prepare a *kalka* measuring 250 ml. Combine this *kalka* with mustard (750 ml.) and water (3 litres). Cook the preparation well to obtain medicated oil.

Therapeutic benefits: This medicated oil cures sinus, putrified ulcer, eighteen types of *kuṣṭha*, *nīlikā*, *pīḍakā*, *vyanga*, deep-seated gout, itches, scabies, ring-worm and *pāma*.

(Cakradatt)

सोमराजीतैलम् (बृहत्)–

सोमराजीतुलाक्वाथे तथा दद्रुहनस्य च । गोमूत्रस्य तथा पात्रे कल्कं दत्त्वा विचक्षणः ।।३१५।।
विपचेत्कार्षिकैर्भागैः प्रस्थं तैलंतुसार्षपम् । चित्रकं लाङ्गलाख्या च नागरं कुष्ठमेव च ।।३१६।।

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हरिद्रा नक्तमालञ्च हरितालं मनःशिला । आस्फोतार्काश्वमारं च सप्तपर्णञ्च गोमयम् ।।३१७।।
खदिरो निम्बपत्रञ्चमरिचंकासमर्दकम् । एतानि श्लक्ष्णपिष्टानि कल्कं दत्त्वा विचक्षणः ।।३१८।।
हन्ति सर्वाणि कुष्ठानिं क्रिमिदुष्टव्रणानि च । किट्टिमं दद्रुजातञ्च गात्रवैवर्ण्यमेव च ।।३१९।।
विशीर्णचर्ममांसादिदृढीकरणमुत्तमम् । पाण्डुरोगं तथा कण्डूं वीसर्पं हन्ति दारुणम् ।।
ये चान्ये त्वग्गता रोगास्तांस्तु शीघ्रं व्यपोहति ।।३२०।।

315-320. Somarājī Tailam (Major Type):

Ingredients: *Somarājī*, *haridrā*, *dāru haridrā*, mustard, *kuṭaja*, *karañja* seeds, seeds of *cakramarda*, leaves of *āragvadha*, *mūrcchita* mustard oil and cow urine.

Process of Drug-Making: Prepare *kalka* out of the following: *somarājī*, *haridrā*, *dāru haridrā*, mustard, *kuṭaja*, *karañja* seeds, seeds of *cakamarda*and leaves of *āragvadha* (12 gm. each). Take this *kalka* and combine it with *mūrcchita* mustard oil measuring 750 ml. and 3 litre of cow urine. Methodologically cook the preparation and obtain medicinal oil out of it.

Method of use/Administration: Use the oil for massage.

Therapeutic benefits: It gives relief from *nāḍivraṇa*, *duṣṭavraṇa*, 18 types of *kuṣṭha*, *nīlikā*, *pīḍaka*, *vyanga*, serious *vātarakta*, *kanḍu*, *kacchū*, *dadru* and *pāma*.

विषतैलम्–

नक्तमालं हरिद्रे द्वे चार्कं तगरमेव च । करवीरवचाकुष्ठमास्फोता रक्तचन्दनम् ।।३२१।।
मालतीसिन्धुवारञ्च मञ्जिष्ठासप्तपर्णकम् । एषामर्द्धपलान् भागान् विषस्यापि पलं तथा ।।३२२।।
चतुर्गुणे गवां मूत्रे तैलं प्रस्थं विपाचयेत् । श्वित्रविस्फोटकिटिमकोठलूताविचर्चिकाः ।।३२३।।
कण्डूकच्छुरिकाद्याश्च ये व्रणा विषदूषिताः । ते सर्वे नाशमायान्ति तमः सूर्योदये यथा ।।
विषतैलमिदं नाम्ना सर्वव्रणविशोधनम् ।।३२४।।

321-324.Viṣa Tailam:

Ingredients: Seeds of *latā karañja*, *haridrā*, *dāru haridrā*, root of *arka*, *tagar*, root of *karavīra*, *vacā*, *kuṭaja*, *aparājitā*, red sandalwood, leaves of jasmine, leaves of *nirgundī*, *manjiṣṭhā*, bark of *saptaparṇa*, *viṣa*, cow urine and *mūrcchita kaṭutaila* (mustard oil)

Process of Drug-Making: Prepare *kalka* of the following materials measuring 23 gm. each: seeds of *latā karañja*, *haridrā*, *dāru haridrā*, root of *arka*, *tagar*, root of *karavīra*, *vacā*, *kuṭaja*, *aparājitā*, red sandalwood, leaves of jasmine, leaves of *nirgundī*, *manjiṣṭhā* and bark of *saptaparṇa* along with 46 gm. of *viṣa*. Mix this *kalka* with 3 litre of cow urine and 750 ml. of *mūrcchita kaṭutaila*

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(mustard oil). Methodologically cook this preparation. The medicinal oil thus obtained is known as *Viṣa Taila*.

Therapeutic benefits: It is used in curing *śvitra*, *visphoṭa*, *kitima*, worms, *lutaviṣa*, *vicarcikā*, *kanḍu*, *kacchū* and all types of *vraṇa*. The effect of this oil is very much similar to the Sun in eliminating darkness.

(Cakradatt)

विचर्चिकारितैलम्–

जातीनिम्बार्ककुटजद्रोणपुष्पाम्भसा समम् । कल्कैर्निशाविषव्योषकुपीलुककलिङ्गकैः ।।३२५।।
अश्वमारशिलातालकासीसैश्च सनागरैः । पचेत्कोलमितैर्वैद्यः कटुतैलशरावकम् ।।३२६।।
एतत्तैलं निहन्त्याशु विचर्चीमतिदारुणम् । नाडीव्रणञ्चोपदंशं चिरोत्थञ्च भगन्दरम् ।।३२७।।

325-327. VicarcikāriTailam:

Ingredients: Juice of jasmine leaves, juice of lemon leaves, juice of *arka* laves, decoction of *kuṭaja*, juice, decoction of *droṇapuṣpī*, *haridrā*, *vatsanābha*, dried ginger, *marica*, *pippalī*, *viṣamuṣṭi*, *indrayava*, root of *karavīra*, *manahśilā*, *haritāla*, *kaśīśa*, dried ginger and *mūrcchita* mustard oil.

Process of Drug-Making: Take equal parts of juice of jasmine leaves, juice of lemon leaves, juice of *arka* laves, decoction of *kuṭaja*, juice or decoction of *droṇapuṣpī*. Prepare *kalka* of the following measuring 6 gm. each: *haridrā*, *vatsanābha*, dried ginger, *marica*, *pippalī*, *viṣamuṣṭi*, *indrayava*, root of *karavīra*, *manahśilā*, *haritāla*, *Kāśīśa* and dried ginger. Collect all these materials in a *śarāva* (vessel) and add to it *mūrcchita* mustard oil measuring 375 ml. Methodologically cook the preparation and obtain medicinal oil.

Therapeutic benefits: This medicinal oil is very much effective in checking severe *vicarcikā*, *nāḍivraṇa*, *upadamśa* and chronic *bhagandara*.

रुद्रतैलम्–

त्रिफला निम्बभण्टाकीबृहत्यः सपुनर्नवाः । हरिद्रे वृषनिर्गुण्ड्यौ पटोलकनकाह्वयौ ।।३२८।।
हरितालं शिलाकुष्ठो लाङ्गलीदाडिमाह्वयौ । अपामार्गो विषं चैव जयन्ती पूतिकट्फलौ ।।३२९।।
एषां कर्षद्वयैः कल्कैस्तैलप्रस्थं विपाचयेत् । चतुर्गुणे गुडूच्याश्च रसे वैद्यः समाहितः ।।३३०।।
चतुर्गुणन्तु गोक्षीरं वृषपत्ररसं तथा । दत्त्वाऽवतारयेद्वैद्यो रुद्रमन्त्रं समाजपेत् ।।३३१।।
दद्रुकुष्ठं कुष्ठव्रणं विसर्पं विद्रधिं तथा । नाडीव्रणं व्रणं घोरं वातरक्तं सुदुजयम् ।।३३२।।
सन्निपातज्वरं चैव शिरोरोगं सुदारुणम् । शोथञ्च गलगण्डञ्च श्लीपदन्त्वर्बुदं तथा ।।३३३।।
वातरोगानशेषांश्च अन्त्रवृद्धिं सुदारुणम् । पीनसश्वासकासञ्च सुदारुणभगन्दरम् ।।३३४।।
उपदंश महाघोरं चक्षुःशूलञ्च नाशयेत् । चर्मोत्थान् सर्वरोगांश्च तैलमेतद्विनाशयेत् ।।३३५।।

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रुद्रतैलमिदं नाम्ना स्वयं रुद्रेण भाषितम् ।।३३६।।

328-336.Rudra Tailam:

Ingredients: *Haraḍa*, *vibhītaka*, *āmalakī*, bark of *nimba*, root of lesser *vyāghrī*, root of bigger *vyāghrī*, root of *punarnavā*, *haridrā*, *dāru haridrā*, *aḍuṣā*, *nirgunḍī*, *paṭola* leaves, root of *dhūstūra*, *haritāla*, *manahśilā*, *kuṣṭha*, root of *lāngalī*, peel of pomegranate, *apāmārga*, *vatsanābha*, *jayantī* leaves, *latā karañja* seeds, *kaṭphala*, *mūrcchita* oil, juice or decoction of *guḍūcī*, cow milk and juice of *aḍuṣā* leaves.

Process of Drug-Making: Prepare *kalka* of the following (23 gm. each): *haraḍa*, *vibhītaka*, *āmalakī*, bark of *nimba*, root of lesser *vyāghrī*, root of bigger *vyāghrī*, root of *punarnavā*, *haridrā*, *dāru haridrā*, *aḍuṣā*, *nirgunḍī*, *paṭola* leaves, root of *dhūstūra*, *haritāla*, *manahśilā*, *kuṣṭha*, root of *lāngalī*, peel of pomegranate, *apāmārga*, *vatsanābha*, *jayantī* leaves, *latā karañja* seeds and *kaṭphala*.

Combine *kalka* with *mūrcchita* oil (750 ml.), juice or decoction of *guḍūcī*, cow milk and juice of *aḍuṣā* leaves measuring 3 litre each. Methodologically cook the preparation and obtain oil out of it.

Therapeutic benefits: The medicinal oil thus obtained is very much helpful in alleviating *dāda*, *kuṣṭha*, bad *vraṇa*, *visarpa*, *vidradhi*, *nāḍivraṇa*, other severe *vraṇa*, difficult *vātarakta*, *sannipātika* fever, severe *śiroroga*, *śotha*, *galagaṇḍa*, *ślīpada*, *arbuda*, all types of *vāta* disorders, severe *āntravṛiddhi*, *pīnas* (sinus), *śvāsa*, *kāsa* (coughs), serious *bhagandara*, severe *upadamśa*, *netra śūla* and all skin diseases. This oil has been prepared by Rudra itself, hence it is known as *Rudra Taila*.

तृणकतैलम् (च. द.)–

मञ्जिष्ठारुङ्निशाचक्रमर्दारग्वधपल्लवैः । तृणकस्वरसे सिद्धं तैलं कुष्ठहरं परम् ।।३३७।।

337. Tṛiṇaka Tailam:

Ingredients: *Manjiṣṭhā*, *kuṭaja*, *haridrā*, seeds of *cakramarda*, leaves of *āragvadha*, juice of *gandhātrīṇa* juice and its decoction and *mūrcchita* sesame oil.

Process of Drug-Making: Obtain *kalka* of *manjiṣṭhā*, *kuṭaja*, *haridrā*, seeds of *cakamarda*and leaves of *āragvadha* (50 gm. each). Combine this *kalka* with juice of *gandhātrīṇa* juice or its decoction (4 litres) and *mūrcchita* sesame oil (1 litre). Methodologically cook this preparation and filter the oil thus obtained.

Therapeutic benefits: This oil is helpful in curing *kuṣṭha* diseases.

(Cakradatt)

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महातृणकतैलम् (च. द.)–

हरिद्रा त्रिफला दारु हयमारकचित्रकम् । सप्तच्छदश्च निम्बत्वक् करञ्जौ बालकं नखी ।।३३८।।
कुष्ठमेडगजाबीजं लाङ्गली गणिकारिका । जातीपत्रञ्च दार्वी च हरितालं मन शिला ।।३३९।।
कलिङ्गं तिलपत्रञ्च अर्कक्षीरञ्च गुग्गुलुः । गुडत्वङ्मरिचञ्चैव कुङ्कुमं ग्रन्थिपर्णकम् ।।३४०।।
सर्जपर्णासखदिरं विडङ्गं पिप्पली वचा । घनरेण्वमृता यष्टी केशरं ध्यामकं विषम् ।।३४१।।
विश्वकट्फलमञ्जिष्ठा बोलस्तुम्बीफलन्तथा । स्नुहीशम्पाकयोः पत्रं वागुजीबीजमांसिके ।।३४२।।
एलाज्योतिष्मतीमूलंशिरीषोगोमयाद्रसः । चन्दने कुष्ठनिर्गुण्डी विशाला मल्लिकाद्वयम् ।।३४३।।
वासाऽश्वकर्णो ब्राह्मी च श्र्याह्वं चम्पककुड्मलम् । एतैः कल्कैः पचेत्तैलं तृणकस्वरसद्रवम् ।
सर्वत्वग्दोषहरणं महातृणकसंज्ञितम् ।।३४४।।

338-344. Mahā Tṛiṇaka Tailam:

Ingredients: *Haridrā*, *harītakī*, *vibhītaka*, *āmalakī*, *devadāru*, *hayamaraka*, *citraka*, *saptacchada*, bark of *nimba*, *karañja*, *latā*, *karañja*, *bālaka*, *nakhī*, *kuṣṭha*, seeds of *edagaja*, *lāngli*, *ganikarika*, *jātī patra*, *drāvi*, *haritāla*, *manahśilā*, *kalinga*, *tila*, *patra*, latex of *arka*, *guggulu*, *guḍa*, *tvak*, *marica*, *kumkuma*, *granthiparṇī*, *sarjaparṇī*, *khadira*, *viḍanga*, *pippalī*, *vacā*, *ghana*, *reṇukā*, *amṛitā*, *madhuyaṣṭī*, *keśara* (*nāga keśara*), *dhyamaka*, *viṣa*, *viśvā*, *kaṭphala*, *manjiṣṭhā*, *bola*, fruits of *tumbī*, leaves of *snuhī* and *śampāka*, seeds of *vākucī*, *mānsī*, *elā*, roots of *jyotiṣmatī*, *śirīṣa*, juice of cow-dung, *candana*, *rakta candana*, *kuṣṭha*, *nirgunḍī*, *viśālā*, *mallikā*, *vanya mallikā*, *latā*, *aśvagandhā*, *brāhmī*, *śryava* (*śṛīvāsa*), buds of *campaka*, juice or decoction of *gandhātrīṇa* and *mūrcchita* oil.

Process of Drug-Making: Take equal parts (15 gm. each) of the following: *haridrā*, *harītakī*, *vibhītaka*, *āmalakī*, *devadāru*, *hayamaraka*, *citraka*, *saptacchada*, bark of *nimba*, *karañja*, *latā*, *karañja*, *bālaka*, *nakhī*, *kuṣṭha*, seeds of *edagaja*, *lāngli*, *ganikarika*, *jātī patra*, *drāvi*, *haritāla*, *manahśilā*, *kalinga*, *tila*, *patra*, latex of *arka*, *guggulu*, *guḍa*, *tvak*, *marica*, *kumkuma*, *granthiparṇī*, *sarjaparṇī*, *khadira*, *viḍanga*, *pippalī*, *vacā*, *ghana*, *reṇukā*, *amṛitā*, *madhuyaṣṭī*, *keśara* (*nāga keśara*), *dhyamaka*, *viṣa*, *viśvā*, *kaṭphala*, *manjiṣṭhā*, *bola*, fruits of *tumbī*, leaves of *snuhī* and *śampāka*, seeds of *vākucī*, *mānsī*, *elā*, roots of *jyotiṣmatī*, *śirīṣa*, juice of cow-dung, *candana*, *rakta candana*, *kuṣṭha*, *nirgunḍī*, *viśālā*, *mallikā*, *vanya mallikā*, *latā*, *aśvagandhā*, *brāhmī*, *śryava* (*śṛīvāsa*) and buds of *campaka*. Compound all these ingredients and prepare a *kalka*. Combine this *kalka* with juice or decoction of *gandhātrīṇa* (16 litres) and 4 litre of *mūrcchita* oil. Cook this preparation methodologically and obtain medicated oil. This medicated oil is called *Mahā Tṛiṇaka Taila*.

Therapeutic benefits: It cures all kinds of skin diseases.

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वज्रकतैलम् (च. द.)–

सप्तपर्णकरञ्जार्कमालतीकरवीरजम् । मूलं स्नुहीशिरीषाभ्यां चित्रकास्फोतयोरपि ।।३४५।।
करञ्जबीजं त्रिफलां व्योषं च रजनीद्वयम् । सिद्धार्थकं विडङ्गञ्च प्रपुन्नाडञ्च संहरेत् ।।३४६।।
मूत्रपिष्टैः पचेत्तैलमेभिः कुष्ठविनाशनम् । अभ्यङ्गाद् वज्रकं नाम नाडीदुष्टव्रणापहम् ।।३४७।।

345-347.Vajraka Tailam:

Ingredients: *Saptaparṇa*, *karañja*, *arka*, *mālatī*, roots of *karavīra*, *snuhī*, *śirīṣa*, *citraka*, *dāruharidrā*, *siddhārtha*, *viḍanga* and *parpunnada*, cow's urine, *mūrcchita* oil and cow urine.

Process of Drug-Making: Obtain equal parts (i.e. 12 gm. each) of *saptaparṇa*, *karañja*, *arka*, *mālatī*, roots of *karavīra*, *snuhī*, *śirīṣa*, *citraka*, *dāruharidrā*, *siddhārtha*, *viḍanga* and *parpunnada* and prepare a *kalka* (250 ml.) of them by adding cow's urine as base. Cook this *kalka* along with *mūrcchita* oil (1 litre) and cow urine (4 litres) to obtain medicinal oil.

Method of use/Administration: Use this oil for massage.

Therapeutic benefits: This medicated oil cures *kuṣṭha*. It is called *Vajraka Taila* and it can also cure case of sinus and putrified ulcers.

(Cakradatt)

कन्दर्पसारतैलम्–

सप्तपर्णस्तथा काली गुडूचा पिचुपर्दकम् । शिरीषञ्च महातिक्ता जया तुम्बी मृगादनी ।।३४८।।
निशा दशपलान्भागाञ् जलद्रोणे विपाचयेत् । तैलप्रस्थं समादाय गोमूत्रञ्च चतुर्गुणम् ।।३४९।।
आरग्वधो भृङ्गराजो जयाधुस्तूररात्रयः । ऐन्द्राशनाग्निखर्जूरं गोमयार्कस्नुहीच्छदम् ।।३५०।।
तैलतुल्यं प्रदातव्यं स्वरसञ्च पृथक् पृथक् । महाकालवचा ब्राह्मी तुम्ब्यग्निगृहपुत्रिका ।।३५१।।
कुचेला कुलकं रात्रिर्मेघनामा च ग्रन्थिका । शम्पाकमर्कक्षीरञ्च कासुन्देश्वरमूलकम् ।।३५२।।
आचु जिङ्गी महातिक्ताविशालाछविपत्रकम् । पूतिकास्फोतमूर्वा च सप्तपर्णशिरीषकम् ।।३५३।।
कुटजं पिचुमर्दश्च महानिम्बं तथैव च । गुडूची चन्द्ररेखा च सोमराट् चैक्रमर्दकम् ।।३५४।।
तुम्बुरुभृङ्गयष्ट्याह्वकन्दकं कटुरोहिणी । शटी दार्वी त्रिवृत्पद्मग्रन्थिकागुरुपुष्करम् ।।३५५।।
कर्पूरं कट्फलं मांसी मुरैलाटरुषाभयम् । एतेषां काषिकैः कल्कैर्नाम्ना कन्दर्प उच्यते ।।३५६।।
अष्टादशविधं कुष्ठमस्थिमज्जगतं तथा । हस्तपादाङ्गुलीसन्धिगलितं कूर्पसन्धिषु ।।३५७।।
यस्य गात्रेभविष्यन्तिमांसानिचाधिकानिच । नासाकर्णास्यवैकल्यं भेकाकारवपुस्त्वचम् ।।३५८।।
श्वेतं रक्तं तथा कुष्ठं नानावर्णं विपादिकाम् । श्वित्रं चतुर्विधञ्चैव वातशोणितमेव च ।।३५९।।
कपालं क्रिमिजं कुष्ठंकण्डूदद्रुविचर्चिकाम् ।पामाविस्फोटकानीलीक्रिमिवृद्धिं तथैव च ।।३६०।।
कण्डूदद्रुमसूरीश्च किटिमं रक्तमण्डलम् । कुष्ठमौदुम्बरं पद्मं महापद्मं तथैव च ।।३६१।।
गलगण्डार्बुदंहन्याद्गण्डमालां भगन्दरम् । वातजं पित्तजं चैव श्लेष्मजं सान्निपातिकम् ।।३६२।।
एकोल्वणं द्व्युल्वणं च कुष्ठं हन्यान्न संशयः ।।३६३।।

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348-363. Kandarpsāra Tailam:

Ingredients: Bark of *saptaparṇa*, *kālī*, *guḍūcī*, *nimba* bark, bark of *śirīṣa*, bark of *mahātikta*, *jayantī* leaves, bitter *tumbī*, root of *indrayava*, *haridrā*, water, *mūrcchita* sesame oil, cow urine, juice of *āragvadha* leaves, juice of *bhṛingarāja*, juice of *jayantī* leaves, juice of *dhūstūra* leaves, decoction of *haridrā*, decoction of date fruits, juice of cow dung, juice of *arka* laves, juice of *snuhī* leaves, root of *mahākal* (red *indrayava*), *vacā*, *brāhmī*, bitter *tumbī*, *citrakamūla*, *ghṛitakumārī*, *viṣamuṣṭi*, *paṭola* leaves, *haridrā*, *mustā*, *pippalīmūla*, *āragvadha* leaves, latex of *madār*, *kasondi*, *rudrajāta*, *ācu* root, *manjiṣṭhā*, *kirātatikta*, root of *indrayava*, leaves of *biccati*, *karañja* leaves, *āsphoṭā* (*śārivā*), root of *mūrvā*, bark of *saptaparṇa*, bark of *śirīṣa*, bark of *kuṭaja*, bark of *nimba*, bark of *mahānimba*, *guḍūcī*, *vākucī*, *som*, seeds of *cakramarda*, Nepalese coriander, *bhṛingarāja*, *madhuyaṣṭī*, *surānkand*, *kaṭukī*, *karcūra*, *dāru haridrā*, *niśotha*, *padmaka*, *granthiparṇa*, *pippalīmūla*, *agar*, *puṣkaramūla*, *karpūra* (camphor), *kaṭphala*, *jaṭāmānsī*, *murāmānsī*, cardamom, *aḍuṣā* and *uśīra*.

Process of Drug-Making: Obtain the following: bark of *saptaparṇa*, *kālī*, *guḍūcī*, *nimba* bark, bark of *śirīṣa*, bark of *mahātikta*, *jayantī* leaves, bitter *tumbī*, root of *indrayava* and *haridrā* measuring 470 gm. each. Prepare decoction of these materials in water measuring 12 litre until its original quantity is reduced to one fourth.

Take *mūrcchita* sesame oil (750 ml.), cow urine (3 litres) and 750 ml. each of the following: juice of *āragvadha* leaves, juice of *bhṛingarāja*, juice of *jayantī* leaves, juice of *dhūstūra* leaves, decoction of *haridrā*, decoction of date fruits (*cuhara*), juice of cow dung, juice of *arka* laves and juice of *snuhī* leaves.

Prepare *kalka* of the following materials measuring 12 gm. each: root of *mahākal* (red *indrayava*), *vacā*, *brāhmī*, bitter *tumbī*, *citrakamula*, *ghṛitakumārī*, *viṣamuṣṭi*, *paṭola* leaves, *haridrā*, *mustā*, *pippalīmūla*, *āragvadha* leaves, latex of *madār*, *kasondi*, *rudrajāta*, *ācu* root, *manjiṣṭhā*, *kirātatikta*, root of *indrayava*, leaves of *biccati*, *karañja* leaves, *āsphoṭā* (*śārivā*), root of *mūrvā*, bark of *saptaparṇa*, bark of *śirīṣa*, bark of *kuṭaja*, bark of *nimba*, bark of *mahānimba*, *guḍūcī*, *vākucī*, *som*, seeds of *cakramarda*, Nepalese coriander, *bhṛingarāja*, *madhuyaṣṭī*, *surānkand*, *kaṭukī*, *karcūra*, *dāru haridrā*, *niśotha*, *padmaka*, *granthiparṇa*, *pippalīmūla*, *agar*, *puṣkaramūla*, *karpūra* (camphor), *kaṭphala*, *jaṭāmānsī*, *murāmānsī*, cardamom, *aḍuṣā* and *uśīra*.

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Combine all the materials and methodologically cook medicinal oil. The oil thus obtained is known as *Kandarpasara Tailam.*

Therapeutic benefits: This oil helps in alleviating indispositions like 18 types of *kuṣṭha*, *kaṭphala*, *jaṭāmānsī*, *aṣṭhigatha* and *majjāgath kuṣṭha*, *galit kuṣṭha* of fingers of hand and feet and joints, *kuṣṭha* of elbow joint, undesired enlargement of body meat, disorders of nose, ears and mouth generated due to *kuṣṭha*, frog like bark, *śveta kuṣṭha*, *raktamaṇḍala kuṣṭha*, generation of various types of *vikṛit varṇa*, *vipadika*, four types of *śvitra*, *vāta rakta*, *kapāla kuṣṭha*, worm generated *kuṣṭha*, *kaṇḍu*, *dadru*, *vicarcikā*, *pāma*, *visphoṭa*, *nili*, increase of worms and insects, *masūrika*, *kittim*, *raktamaṇḍala*, *udumbara*, *padm* and *mahāpadm* named *kuṣṭha*, *galagand*, *arbuda*, *gaṇḍamāla*, *bhagandara* and *kuṣṭha* generated due to *vāta*, *pitta*, *kapha*, *sannipātika*, *ekolvaṇa* and *dvyulvaṇa* (i. e. vitiation of one or two *doṣas*).

वैवस्वतद्रुमबीजतैलम्–

वैवस्वतद्रुमसमुद्भवबीजतैल–कुष्ठापहं निखिलचर्मरुजापहं च ।
अभ्यङ्गतो निगदितं ननु वैद्यवन्द्यैर्भूयोऽनुभूय भुवि रोगिजनेष्वजस्रम् ।।३६४।।

364. Vaivāsavatadrumbīja Tailam:

Doing massage with *Vaivāsavatadrumbīja* oil helps in checking *kuṣṭha* and gives an experience of alleviation of all skin diseases.

खदिरारिष्टः–

खदिरस्य तुलार्द्धन्तु देवदारु च तत्समम् । वाकुची द्वादशपला दार्वी स्यात्पलविंशतिः ।।३६५।।
त्रिफलाविंशतिपलान्यष्टद्रोणेऽम्भसः पचेत् । कषाये द्रोणशेषे च पूते शीते विनिक्षिपेत् ।।३६६।।
तुलाद्वयं माक्षिकस्य तुलैका शर्करामता । धातक्या विंशतिपलं कक्कोलं नागकेशरम् ।।३६७।।
जातीफलंलवङ्गैलात्वक्पत्राणिपृथक्पृथक् । पलोन्मितानि कृष्णाया दद्यात्पलचतुष्टयम् ।।३६८।।
घृतभाण्डे विनिक्षिप्य मासादूर्ध्वं पिबेत्ततः । महाकुष्ठानि हृद्रोगं पाण्डुरोगार्बुदं तथा ।।३६९।।
गुल्मं ग्रन्थिक्रिमीन्कासंतथा प्लीहोदरं जयेत् । एष वै खदिरारिष्टः सर्वकुष्ठनिवारणः ।।३७०।।

365-370. Khadirādi Ṛṣṭa:

Ingredients: *Khadirā's* bark, *devadāru*, *vākucī*, mixed *triphalā*, water, honey, sugar, powder of *dhātakī* flowers, *kakkola*, *nāgakeśara*, *jātīphala*, clove, *elā*, cinnamon bark, cassia leaves and *pippalī* powder.

Process of Drug-Making: Obtain 2.5 kg. each of *khadira's* bark and *devadāru*. Also take *vākucī* (565 gm.) and mixed *triphalā* (940 gm.). Thickly ground all these materials and decoct in water measuring 96 litre until its original

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quantity is reduced to one eighth. Filter the reduced decoction and add to it, 10 kg. of honey, 5 kg. of sugar, powder of *dhātakī* flowers measuring 940 gm., *kakkola*, *nāgakeśara*, *jātīphala*, clove, *elā*, cinnamon bark and cassia leaves each measuring 50 gm. along with 190 gm. of *pippalī* powder. After mixing them, collect the mix in a *ghṛitam* coated pitcher. For one month keep that pitcher tightly closed. After one month, take out the compound and sieve. Store the compound in glass jar.

Method of use/Administration: This *Khadirāriṣṭa* is to be consumed daily in doses of 12-25 ml. after taking meals of morning and evening.

Therapeutic benefits: This medicine helps in getting relief from *mahākuṣṭha*, heart diseases, *pāṇḍuroga*, *arbuda*, *gulma*, enlargement of *granthi*, worm diseases, *kāsa* (coughs), enlargement of spleen and all types of *kuṣṭha* cases.

(*Yoga Ratnākar*)

कुष्ठाहितानि (यो. र.)–

अन्नपानं हितं कुष्ठे न त्वम्ललवणोषणम् । दधिदुग्धगुडानूपतिलमाषांस्त्यजेत्तराम् ।।३७१।।

371. In *kuṣṭha* disorder, foods containing citric, salty and warm (*kaṭu*) properties should be avoided. Also, curd, milk, *guḍa*, meat of marshy animals and birds, sesame and *urada* pulse which are *gariṣṭha* and *kapha* promoters should be avoided.

(*Yoga Ratnākar*)

कुष्ठरोगे पथ्यानि–

पक्षात्पक्षाच्छर्दनानिमासान्मासाद्विरेचनम् । नस्यंत्र्यहात्त्र्यहान्मासिषष्ठे षष्ठेऽस्त्रमोक्षणम् ।।३७२।।
सर्पिर्लेपश्चिरोत्पन्ना यवगोधूमशालयः । मुद्गाढकीमसूराश्च माक्षिकं जाङ्गलामिषम् ।।३७३।।
आषाढफलवेत्राग्रं पटोलं बृहतीफलम् । काकमाची निम्बपत्रं लशुनं हिलमोचिका ।।३७४।।
पुनर्नवा मेषशृङ्गी चक्रमर्ददलानि च । भल्लातकं पक्वतालं खदिरश्चित्रको वरा ।।३७५।।
जातीफलं नागपुष्पं कुङ्कुमं प्रतनं हविः । कोषातकी करञ्जोऽपि तिलसर्षपनिम्बजम् ।।३७६।।
तैलं तथेङ्गुदोत्थं च लघून्यन्नानि यानि च । स्नेहाः सरलदेवाह्वशिंशपाऽगुरुसंभवाः ।।३७७।।
मूत्राणि गोखरोष्ट्राश्वमहिषीजनितानि च । कस्तूरिका गन्धसारस्तिक्तानि क्षारकर्म च ।
यथादोषं समस्तानि पथ्यान्येतानि कुष्ठिनाम् ।।३७८।।

372-378. The following measures and products are considered to be beneficial for a patient of *kuṣṭha*: doing *vamana* therapy after every 15 days, doing *virecana* (purgation) therapy every month, doing nasal therapy after every three months, opening *phasta* after every six months period, intake of *ghṛitam*, pasting (*lepa*),

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old barley, wheat, *śāli* rice, *mudga*, *arāhara*, *masūra*, honey, meat of wild animals and birds, fruits (*karkaṭī*, cucumber and the like) which grows in *Āṣāḍha* month, soft leaves of *vetra*, *parbar*, *vyāghrī* fruit, *kākamācī*, *neem* leaves, garlic, *sūryāvarta*, *punarnavā*, *meṣaśṛingī*, leaves of *cakramarda*, *bhallātaka*, ripe fruits of palm, *khadir*, *citraka*, *tṛiphalā*, *jātīphala*, *nāgakeśara*, *keśara*, old *ghṛitam*, bitter *koṣatakī*, *karañja*, sesame oil, mustard oil, *neem* oil, *inguda* oil, light rice, oils of *saral*, *devadāru*, *śimśapa* and *agar*, urines of cow, donkey, camel, horse and buffalo, *kastūrī*, *gandhaka*, *tikt* products and *kṣāra* therapy.

(Caraka)

कुष्ठरोगेऽपथ्यानि–

पापानि कर्माणि कृतघ्नभावं निन्दां गुरुणां गुरुघर्षणं च ।
विरुद्धपानाशनमह्नि निद्रां चण्डांशुतापं विषमाशनं च ।।३७९।।
स्वेदं रतं वेगनिरोधमिक्षु व्यायाममम्लानितिलांश्चमाषान् ।
द्रवान्नगुर्वन्नवान्नभुक्तं विदाहि विष्टम्भिच मूलकानि ।।३८०।।
सह्याद्रिविन्ध्याद्रिसमुद्भवानांतरङ्गिणीनामुदकानि चापि ।
आनूपमांसं दधिदुग्धमद्यं गुडं च कुष्ठामयिनस्त्यजेयुः ।।३७८।।

379-381. The following measures and products are considered to be harmful to the patient of *kuṣṭha*: involvement in evil deeds, denying their evil deeds, disrespecting teachers, threatening teachers, eating and drinking incompatible foods, sleeping during day time, roaming under extreme heat of sun, eating unequal foods, *svedana* therapy, sex, obstructing the flow of urine and stool, eating products of sugarcane, wresting, exercising, sour edibles, sesame, *urada*, thin products, heavy rice, fresh rice, products that have burning sensation and *viṣṭambhakarka*, radish, water of rivers originated from the mountains of Sahyadri and Vindhyachal, meat of marshy animals and birds, curd, milk, liquor and raw sugar (*guḍa*).

इति भैषज्यरत्नावल्यां कुष्ठरोगचिकित्साप्रकरणम् ।।५४।।
इति भैषज्यरत्नावल्यां 'विद्योतिनी' नामिकायां भाषाटीकायां कुष्ठरोगचिकित्साप्रकरणम् ।।५४।।

End of the Chapter 54 of Bhaiṣajya Ratnāvalī with Commentary

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अथोदर्दशीतपित्तकोठचिकित्साप्रकरणम् ५५

Chapter 55

Udarda Śīta Pitta

उदर्दे क्रियाक्रमः (च. द.)–

अभ्यङ्ग कटुतैलेन सेकश्चोष्णाम्बुभिस्तथा । उदर्दे वमनं कार्यं पटोलारिष्टवारिणा ।।१।।

1. The patient suffering from *udarda* should use the following therapies: 1. Massage with mustard oil; 2. *svedana* (fomentation) with hot water; 3. *vamana* (emetic) therapy with the help of the decoction of *paṭola* and *ariṣṭa*; 4. *virecana* (purgation) therapy with *harītakī*, *vibhītakī*, *āmalakī*, *guggulu* and *pippalī*; 5. intake of *navakarśika guggulu* with *harītakī*, *vibhītakī* and *āmalakī* mixed with honey; and 6. intake of *Āmrādi Kvātha* described in the treatment of *visarpa* (erysipelas).

(Cakradatt)

त्रिफला पुरकृष्णाभिर्विरेकश्चात्र शस्यते ।।२।। च. द.

2. Also, conducting *virecana* therapy with powders of *haraḍa*, *vibhītaka*, *āmalakī*, purified *guggulu* and *pippalī*, is considered to be helpful in such cases.

(Cakradatt)

त्रिफलांक्षौद्रसंयुक्तांखादेच्च नवकार्षिकम् । विसर्पोक्तममृतादि भिषगत्रापि योजयेत् ।।३।। च. द.

3. Consume powder of *tṛiphalā* with honey. One should also drink the decoctions *Navakārṣika Kvātha* and *Amṛitādi Kvātha* which are helpful in curing *vātarakta* and *visarpa* respectively.

(Cakradatt)

सितां मधुकसंयुक्तां गुडमामलकैः सह । सगुडं दीप्यकं यस्तु खादेत्पथ्यान्नभुङ्नरः ।
तस्य नश्यति सप्ताहादुदर्दः सर्वदेहजः ।।४।। च. द.

4. Use of *Yavānī*: Intake of *yavānī* along with jaggery, while resorting to wholesome to wholesome diet, cures *udarda*, pervading the entire body, within a week.

(Cakradatt)

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शीतपित्तचिकित्सा–

सिद्धार्थरजनीकुष्ठप्रपुन्नाडतिलैः सह । कटुतैलेन सम्मिश्रमेतदुद्वर्त्तनं हितम् ।।५।।

5. Recipe for Unction:

Powders of *siddhārtha*, *rajanī*, *kuṣṭha*, *prapunnāḍa* and *tila* should be mixed with mustard oil and made to a paste. Use of this recipe as unction is useful for *śita pitta*.

दुर्वानिशायुतो लेपः कण्डूपामाविनाशनः । क्रिमिदद्रुहरश्चैव शीतपित्तापहा स्मृतः ।।६।।

6. Recipe for External Use: Application of the *kalka* of *dūrvā* and *niśā* cures *kacchū*, *pāma*, *kṛimi* (parasitic infestation), *dadru* (ṛing-worm) and *śīta pitta*.

(Cakradatt)

क्षारसिन्धूत्थतैलैश्च गात्राभ्यङ्गं प्रयोजयेत् ।।७।।

7. Recipe: *Kṣāra* (alkali preparation), rock-salt and oil should be used for the massage of the body for curing *śīta pitta*.

(Cakradatt)

यष्टी मधूकपुष्पं च सरास्नं चन्दनद्वयम् । निर्गुण्डी सकणा क्वाथं शीतपित्तहरं पिबेत् ।।८।।

8. Dinking decoction made of *madhuyaṣṭī*, flowers of *madhūka*, *rāsnā*, red sandalwood, white sandalwood, *nirgunḍī* and *pippalī* is helpful in alleviating *śīta pitta*.

Process of Drug Making: Take equal parts of the above mentioned ingredients and raise 25 gm. of their coarsely powdered mix. Decoct it along with water measuring 400 ml. till it is reduced to one fourth.

(*Yoga Ratnākar*)

अमृतारजनीनिम्बधन्वयासैस्तथा श्रृतम् । प्राणिनां प्राणदं चैतच्छीतपित्तं समाचरेत् ।।९।।

9. Prepare decoction of *guḍūcī*, *haridrā*, bark of *nimba* and *durālabhā*. Drink the decoction adding some honey to it to get relief from *śīta pitta*.

Process of Drug Making: Take equal parts of the above mentioned ingredients and raise 25 gm. of their coarsely powdered mix. Decoct it along with water measuring 400 ml. till it is reduced to one fourth.

(*Yoga Ratnākar*)

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कर्षं गव्यघृतस्यापि कर्षार्द्धं मरिचस्य च । एकीकृत्य पिबेत्प्रातः शीतपित्तविनाशनम् ।।१०।।

10. Add 6 gm. measure of black pepper powder to 12 ml. quantity of cow *ghṛitam* and consume the recipe during morning hours. This would cure *śita pitta* disorder.

(*Yoga Ratnākar*)

अग्निमन्थभवं मूलं पिष्टं पीतञ्च सर्पिषा । शीतपित्तोदर्दकोठान् सप्ताहादेव नाशयेत् ।।११।।

11. Get powder of *agnimantha's* root (3-6 gm.) and consume it with 12 gm. *ghṛitam* during morning hours. Consuming this medicine regularly for one week would cure *śita pitta*, *udarda* and *koṭha* disorder.

कोठरोगे क्रिया–

कुष्ठोक्तञ्च क्रमं कुर्यादम्लपित्तघ्नमेव च । उदर्दोक्तां क्रियाञ्चापि कोठरोगे समासतः ।।
सर्पिः पीत्वा महातिक्तं कार्यं रक्तस्य मोक्षणम् ।।१२।।

12. In cases of *kuṣṭha* (skin diseases including leprosy) one should treat the disorder with *vamana*, *virecana*, *anuvāsna* and the like therapies suggested in the chapter on *kuṣṭha* above. One should also follow therapies suggested in the chapters on the diseases *amlapitta* and *udarda*. Specially the *mahātikta ghṛitam* should be consumed and *rakta mokṣana* should be performed.

(Cakradatt)

हरिद्राखण्डः–

हरिद्रायाः पलान्यष्टौ षट्पलं हविषस्तथा । क्षीराढकेन संयुक्तं खण्डस्यार्द्धशतं तथा ।।१३।।
पचेन्मृद्वग्निना वैद्यो भाजने मृन्मये दृढे । कटुत्रिकं त्रिजातञ्च क्रिमिघ्नं त्रिवृता तथा ।।१४।।
त्रिफला केशरं मुस्तं लौहं प्रति पलं पलम् । सञ्चूर्ण्य प्रक्षिपेत्तत्र तोलकार्द्धन्तु भक्षयेत् ।।१५।।
कण्डू विस्फोटदद्रुणां नाशनं परमौषधम् । प्रतप्तकाञ्चनाभासो देहो भवति नान्यथा ।।१६।।
शीतपित्तोदर्दकोठान् सप्ताहादेव नाशयेत् । हरिद्रा नामतः खण्डः कण्डूनां परमौषधम् ।।१७।।

13-17.Haridrā Khanḍa:

Ingredients: *Haridrā*, *ghṛitam*, milk, sugar, powders of *śunṭhī*, *pippalī*, *marica*, *tvak*, *elā*, *patra*, *viḍanga*, *tṛivṛit*, *harītakī*, *vibhītaka*, *āmalakī*, *keśara*, *mustā* and *lauha bhasma*.

Process of Drug-Making: Take 375 gm. of *haridrā*, 280 gm. of *ghṛitam*, 3 litres of milk and 2.30 kg. of sugar. Combine them together in a strong earthen vessel and cook over mild fire. Add to this, the powders of *śunṭhī*, *pippalī*, *marica*,

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tvak, *elā*, *patra*, *viḍanga*, *tṛivṛit*, *harītakī*, *vibhītaka*, *āmalakī*, *keśara*, *mustā* and *lauha bhasma* (46 gm. each). Mix the preparation well. Keep this recipe in a *ghṛitam*-smeared vessel for seven days.

Method of use/Administration: This should be administered in the dose of 6 gm. (every day).

Therapeutic benefits: It is an excellent remedy for *kanḍu*, *visphoṭa* and *dadru*, The body of the patient using this recipe looks like heated gold, and there is no doubt about it. This *Haridrā Khanḍa* is a great medicine.

हरिद्राखण्डो बृहत्–

निशाचूर्णस्य कुडवं त्रिवृत्पलचतुष्टयम् । अभया तत्समा देया सार्द्धप्रस्थद्वयं सिता ।।१८।।
दार्वीमुस्तायमान्यौद्वौचित्रकंकटुरोहिणी । अजाजी पिप्पली शुण्ठी त्रिजातं कृमिकण्टकम् ।।१९।।
अमृता वासकं कुष्ठं त्रिफला चव्यधान्यकम् । मृतलौहं मृताभ्रञ्च प्रत्येकं कोलसम्मितम् ।।२०।।
पचेन्मृद्वग्निना वैद्यो भाजने मृन्मये नवे । शीतपित्तोदर्दकोण्कठडूपामाविचर्चिकाः ।
कर्षार्द्धञ्च ततः खादेदुष्णतोयानुपानतः ।।२१।।
जीर्णज्वरक्रिमीन् पाण्डुशोथादींश्च विनाशयेत् ।।२२।।

18-22. Haridrā Khanḍa (Major Recipe).

Ingredients: *Haridrā*, *niśotha*, *harītakī*, raw sugar, water, *dāru haridrā*, *mustā*, caraway seeds, *ajamodā*, bark of *citraka*, *kaṭukī*, white cumin seeds, *pippalī*, *śunṭhī*, cinnamon bark, cardamom, cassia leaves, *vāyaviḍanga*, *guḍūcī*, *aḍuṣā*, *kuṭaja*, *tṛiphalā* herbs (separately), *cavya*, coriander seeds, *lauha bhasma* and *abhraka bhasma*.

Process of Drug-Making: Obtain 188 gm. each of *haridrā*, *niśotha*, *harītakī* and 2.25 kg. of raw sugar. Cook all these materials in water measuring ½ litre. In the last stage of cooking add to the preparation 6 gm. measure of powders each of *dāru haridrā*, *mustā*, caraway seeds, *ajamodā*, bark of *citraka*, *kaṭukī*, white cumin seeds, *pippalī*, *śunṭhī*, cinnamon bark, cardamom, cassia leaves, *vāyaviḍanga*, *guḍūcī*, *aḍuṣā*, *kuṭaja*, *tṛiphalā* herbs (separately), *cavya*, coriander seeds, *lauha bhasma* and *abhraka bhasma*. After mixing the same into the preparation thoroughly stir it.

Method of use/Administration: Consume this medicine in doses of 6 gm. along with warm water.

Therapeutic benefits: This medicine is very helpful in curing *śita pitta*, *udarda*, *koṭha*, *kanḍu*, *pāma*, *vicarcikā*, *jīrṇajvara*, worm diseases, *pāṇḍu* and *śotha*.

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आर्द्रकखण्डम् (भा. प्र.)–

आर्द्रकं प्रस्थमेकं स्याद् गोघृतं कुडवद्वयम् । गोदुग्धं प्रस्थयुगलं तदर्द्धं शर्करा मता ।।२३।।
पिप्पली पिप्पलीमूलं मरिचं विश्वभेषजम् । चित्रकञ्च विडङ्गञ्च मुस्तकं नागकेशरम् ।।२४।।
त्वगेलापत्रकर्चूरं प्रत्येकं पलमात्रकम् । विधाय पाकं विधिवत्खादेत्तत्पलसम्मितम् ।।२५।।
इदमार्द्रकखण्डं हि प्रातर्भुक्तं व्यपोहति । शीतपित्तमुदर्दञ्च कोठमुत्कोठमेव च ।।२६।।
यक्ष्माणं रक्तपितञ्च कासं श्वासमरोचकम् । वातगुल्ममुदावर्त्तं शोथं कण्डूं क्रिमीनपि ।।२७।।
दीपयेदुदरे वह्निं बलवीर्यञ्च वर्द्धयेत् । वपुः पुष्टं प्रकुरुते तस्मात्सेव्यमिदं सदा ।।२८।।

23-28. Ārdraka Khaṇḍam:

Ingredients: *Kalka* and juice of ginger, cow *ghṛitam*, cow milk, raw sugar, *pippalī*, *pippalīmūla*, *marica*, dried ginger, bark of *citraka*, *vāyaviḍanga*, *mustā*, *nāgakeśara*, cinnamon bark, cardamom, cassia leaves and *karcūra*.

Process of Drug-Making: Obtain *kalka* and juice of ginger (750 ml.), cow *ghṛitam* (375 gm.), cow milk (1500 ml.) and raw sugar (750 gm.). Cook these materials methodologically till it turns into a confection. Add to it the powders of *pippalī*, *pippalīmūla*, *marica*, dried ginger, bark of *citraka*, *vāyaviḍanga*, *mustā*, *nāgakeśara*, cinnamon bark, cardamom, cassia leaves and *karcūra* each measuring 46 gm. Subsequently, triturate the compound. This medicine is known as *Ādraka Khaṇḍa*.

Method of use/Administration: Consume this medicine in doses of 6 gm. during morning hours, before and after taking meals.

Therapeutic benefits: This medicine is capable to cure various diseases like *śita pitta*, *udarda*, *koṭha*, *utkoṭha*, *rajayakṣamā*, *rakta pitta*, *kāsa* (coughs), asthma, anorexia, *vāta gulma*, *udāvarta*, *śotha*, *kaṇḍu* and worm diseases. This medicine also promotes digestive powers and makes body healthier.

(*Bhāvaprakāśa*)

शीतपित्तभञ्जनरसः (र. यो. सा.)–

पारदं गन्धकं चैव कासीसं ताम्रमेव च । शुद्धं मृतं च संयोज्य खल्वे गाढं विमर्दयेत् ।।२९।।
भृङ्गराजरसैश्चैव शरपुङ्खाद्रवैस्तथा । भावयित्वा तु सप्ताहं ततो गजपुटे पचेत् ।।३०।।
वारत्रयं ततो नीतं शीतपित्तप्रभञ्जनम् । रसं गुञ्जाद्वयं धीमान् गुडेन सह दापयेत् ।।३१।।
अनेन चाशु नश्यन्ति शीतपित्तादयो गदाः । कुष्ठान्यपि च सर्वाणि वातरक्तं तथैव च ।।३२।।
जलावगाहं वायोश्च सेवनं च प्रजागरम् । विदाहि चाशनं त्याज्यं शीतपित्तादिरोगिणा ।।३३।।

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29-33.Śītapitta Bhañjana Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, *kaśīśa*, *tāmra bhasma*, juices of *bhṛingarāja* and *śarphunkha*.

Process of Drug-Making: Obtain equal parts of purified *pārada*, purified *gandhaka*, *kāśīśa* and *tāmra bhasma*. Prepare *kajjalī* of these materials and triturate it along with juices of *bhṛingarāja* and *śarphunkha* for seven days each. Prepare a lump and methodologically heat it for three times. Finely powder and store it.

Method of use/Administration: Consume 250 mg. of this medicine along with raw sugar. The person who consumes this medicine should avoid bathing with cold water, *vāta sevan* (roaming in strong winds), remaining awake during nights and taking cereals containing hot properties.

Therapeutic benefits: This would help in curing *śita pitta*, *kuṣṭha* (skin diseases including leprosy), *vāta rakta* and the like.

(*Ra. Yo. Sa*)

विश्वेश्वरो रसः (र. यो. सा.)–

मृतसूतार्कतीक्ष्णञ्चतालगन्धककट्फलम् । मेषशृङ्गीवचा शुण्ठी भार्गी पथ्या च बालकम् ।।३४।।
धान्यकं मर्दयेत्तुल्यं पर्पटोत्थद्रवैर्दिनम् । माषमेकं लिहेत्क्षौद्रैः कफपित्तमदात्यये ।।
रसो विश्वेश्वरो नाम प्रोक्तो नागार्जुनेन च । काकमाचीरसं चानु सैन्धवेन युतं पिबेत् ।।३५।।

Viśveśvara Rasa:

Ingredients: *Rasa sindūra*, *tāmra bhasma*, *tīkṣana lauha bhasma*, purified *haritāla*, *gandhaka*, *kaṭphala*, *meṣaśṛīngī*, *vacā*, dried ginger, *bhārgī*, *haraḍa*, *netrabālā*, coriander seeds and juice or decoction of *paṭola* leaves.

Process of Drug-Making: Take 12 gm. powder each of *rasa sindūra*, *tāmra bhasma*, *tīkṣana lauha bhasma*, purified *haritāla*, *gandhaka*, *kaṭphala*, *meṣaśṛīngī*, *vacā*, dried ginger, *bhārgī*, *haraḍa*, *netrabālā* and coriander seeds. Triturate these materials together along with juice or decoction of *paṭola* leaves for one day.

Method of use/Administration: Consume this medicine in doses of 1 gm. (modern dose 250 mg.) along with honey. After consuming this medicine one should drink juice of *kākamācī* along with rock salt.

Therapeutic benefits: This would give relief from *kapha*, *pitta* or *madātyaya*. This medicine is known as *Viśveśar Rasa* and it has been prepared by Nāgarjunāchārya.

(*Ra. Yo Sa.*)

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श्लेष्मपित्तान्तको रसः (र. क.)–

मृतसूताभ्रलौहञ्च वह्निगल्धकटङ्गणम् । भूनिम्बेन्द्रयवा रास्ना गुडूची पद्मकं शटी ।।३६।।
दिनं पर्पटजैद्रावैर्मर्दितं वटकीकृतम् । सिताक्षौद्रेलिहेन्माषं श्लेष्मपित्तान्तकं रसम् ।।३७।।
पथ्यां कणां गुडं शुण्ठीं कर्षैकं भक्षयेदनु । कफवातहरं खादेद्दाडिमं नागरं गुडम् ।।३८।।

36-38. Śleṣmāpittāntaka Rasa:

Ingredients: *Rasa sindūra*, *abhraka bhasma*, *lauha bhasma*, *citraka*, purified *gandhaka*, purified *tañkaṇa*, *kirātatikta*, *indrayava*, *rāsnā*, *guḍūcī*, *padumkāṣṭha*, *karcūra* and decoction of *parpaṭa*.

Process of Drug-Making: Obtain 12 gm. measure of powders each of *rasa sindūra*, *abhraka bhasma*, *lauha bhasma*, *citraka*, purified *gandhaka*, purified *tañkaṇa*, *kirātatikta*, *indrayava*, *rāsnā*, *guḍūcī*, *padumkāṣṭha* and *karcūra*. Triturate these materials together along with decoction of *parpaṭa* for one day. Prepare pills in measurement of 1 gm. (modern dose 500 mg.).

Method of use/Administration: Take one pill along with raw sugar and honey. In *anupāna*, consume 12 gm. (modern dose 1 gm.) of the mixture of *harada*, *pippalī*, jaggery and dried ginger.

Therapeutic benefits: This would cure *kapha pitta* and also *kapha vāta* if one daily consumes the drug along with pomegranate, dried ginger and old jaggery.

(*Ra. Ca.*)

स्पर्शवातलक्षणम्–

यदा बृहन्ति त्वचि मण्डलानि स्युस्तोदयुक्तानि विशेषतोऽपि ।
संस्पर्शनज्ञानविहीनता वै तं स्पर्शवातं प्रवदन्ति वैद्याः ।।३९।।

39. When one gets large patches on skin, pain similar to a piercing needle and looses touch sensation over the affected part, the physicians refer such condition as case of *spārśavāta*.

स्पर्शवातघ्नी वटी–

शुद्धोबलिःसूर्यभागोदिग्भागोविषतिन्दुकः । पारदोवसुभागः स्यात् त्रिभागं त्र्यूषणं मतम् ।।४०।।
तद्वत्फलत्रिकं ग्राह्यं वत्सनाभविषं वचा । भल्लातकं रेणुका च चित्रकं नागकेशरम् ।।४१।।
मुस्तकं पिप्पलीमूलं हयगन्धा तथाऽमयः । प्रत्येकं त्वेकभागः स्यात्पुरातनगुडस्ततः ।।४२।।
संग्राह्यो भिषजा नूनं चतुर्विंशतिभागिकः । यथाविधि प्रयत्नेन संमर्द्यैकत्र चाखिलम् ।।४३।।
रक्तकाद्वितयोन्मानाविदध्याद्वटिकाःशुभाः । वटिका स्पर्शवातघ्नी स्पर्शवातं निहन्त्यसौ ।।४४।।

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40-44.Spārśavātaghni Vaṭī:

Ingredients: Purified *gandhaka*, purified *viṣamuṣṭi*, purified *pārada*, mixed *tṛikaṭu* and *tṛiphalā*, *vatsanābha viṣa*, *vacā*, purified *bhallātaka*, *reṇukā*, bark of *citrakamūla*, *nāgakeśara*, *mustā*, *pippalīmūla*, *aśvagandhā*, *kuṭaja* and old jaggery.

Process of Drug-Making: Take the following; purified *gandhaka* (12 parts), purified *viṣamuṣṭi* (10 parts), purified *pārada* (eight parts), mixed *tṛikaṭu* and *tṛiphalā*, three parts each. Also, 1 part each of the following powders: *vatsanābha viṣa*, *vacā*, purified *bhallātaka*, *reṇukā*, bark of *citrakamūla*, *nāgakeśara*, *mustā*, *pippalīmūla*, *aśvagandhā* and *kuṭaja*. Prepare *kajjalī* methodologically and mix powders and 288 gm. measure of old jaggery to it. Prepare pills measuring 250 mg. each.

Therapeutic benefits: Consuming this pills would give relief from *Spārśavāta*.

शीतपित्तोदर्दकोठेषु पथ्यापथ्यानि–

छर्दिर्वि रेचनं लेपोऽसृङ्मोक्षोजीर्णशालयः । जाङ्गलैरामिषैर्मुद्गैः कुलत्थैर्वा कृता रसाः ।।४५।।
कर्कोटकं कारवेल्लं शिग्रुमूलकपोतिकाः । शालिञ्चशाकं वेत्राग्रदाडिमं त्रिफला मधु ।।४६।।
कटुतिक्तकषायाणि सर्वाणीति गणः सखा ।।४७।।
शीतपित्तोदर्दकोठरोगिणां स्याद्यथामलम् ।।४८।।

45-48. *Vamana*, *virecana*, *lepa*, *rakta mokṣana*, old *śāli* rice, meat soup of wild animals and birds, *yūṣa* of *mudga* and *kulattha*, *karkoṭa*, *kārvellaka*, fruits of *śobhāñjana*, leaves of *pūtikā*, leaves of *śāli nca*, soft leaves of *veta*, pomegranate, *tṛiphalā*, honey, anti *pitta* and anti *śleṣma* eatables, bitter, sour and pungent materials. The above mentioned measures and edible materials, taken in proper amounts, are very much helpful in treating a person suffering *śita pitta*, *udarda* and *koṭha*.

क्षीरेक्षुजाताविविधाविकारामत्स्यौदकानूपभवामिषाणि ।
नवीनमद्यं वमिवेगरोधःप्राग्दक्षिणाशापवनोऽह्निनिद्रा ।।४९।।
स्नानं विरुद्धाशनमातपञ्च स्निग्धं तथाम्लं मधुरं व्यवायः ।
गुर्वन्नपानानि च शीतपित्तकोठामयोदर्दवतां विषाणि ।।५०।।

49-50. The following measures and edibles are strictly prohibited for the patients of *śita pīta*, *koṭha* and *udarda*: products of milk, products of sugarcane –

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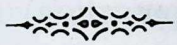
jaggery, etc, fishes, aquatic animals, meat of animals living in marshy areas, fresh liquor, obstructing the flow of *vamana*, facing easterly or southern winds, sleeping during day, bathing with cold water, eating incompatible foods, facing direct sunlight, foods of oily, citric and sweet nature, intercourse, eatables and drinks that are heavy to digest. These products are believed to act like poison to such patients.

इति भैषज्यरत्नावल्यामुदर्दशीतपित्तकोठ चिकित्साप्रकरणम् ।।५५।।

इति भैषज्यरत्नावल्यां 'विद्योतिनी' नामिकायां भाषाटीकायामुदर्दशीतपित्तकोठचिकित्साप्रकरणम् ।।५५।।

End of the Chapter 55 of Bhaiṣajya Ratnāvalī with Commentary



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अथाम्लपित्तचिकित्साप्रकरणम् ५६

Chapter 56
Āmla Pitta

अम्लपित्ते क्रियाक्रमः–

वान्तिं कृत्वाऽम्लपित्ते तु विरेक मृदु कारयेत् । सम्यग्वान्तविरिक्तस्य सुस्निग्धस्यानुवासनम् ।
आस्थापनं चिरोद्भूते देयं दोषाद्यपेक्षया ।।१।।

1. The patient suffering from *āmla pitta* should be give *vamana* (emetic) therapy followed by *virecana* (purgation) measures. After these therapies are appropriately administered, the patient should be given *snehana* (oleation) therapy followed by *anuvāsana* (a type of medicated enema) therapy. If the disease is of a chronic nature, then depending upon the nature of *doṣas* involved, the patient should be given *āsthāpana* (another type of medicated enema) therapy.

(Cakradatt)

क्रिया शुद्धस्य शमनी ह्यनुबन्धव्यपेक्षया । दोषसंसर्गजे कार्या भेषजाहारकल्पना ।।२।।

2. After the body is cleansed of impurities by the *śodhana* (elimination) therapy, the patient should be given *śamana* (alleviation) therapy keeping in view the *doṣas* primarily involved in the causation of the disease. Similarly, drugs and diets should be served to patients of *āmla pitta* caused by simultaneous vitiation of the two *doṣas*.

(Cakradatt)

ऊर्ध्वगं वमनैर्धीमानधोगं रेचनैहरेत् । अम्लपित्ते तु वमनं पटोलारिष्टपत्रकैः ।।३।।
कारयेन्मदनक्षौद्रसिन्धुयुक्तैः कफोल्वणे । विरेचनं त्रिवृच्चूर्णं मधुधात्रीफलद्रवैः ।।४।।

3-4. A wise physician should administer *vamana* (emetic) therapy in *urdhavaga* (upward-moving) *āmla pitta* and the *virecana* (purgation) therapy in *adhoga* (downward-moving) *āmla pitta*. In the upward moving *āmla pitta* dominated by *kapha*, the patient should take decoction of *paṭola* leaves, leaves of *nimba* and *madanaphala* treated with honey and rock salt. The decoction should be taken till it reaches the throat. It would thus lead the patient to vomit. In the downward moving *āmla pitta* dominated by *pitta*, the patient should take

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decoction or juice of *āmala* treated with honey and *niśotha*. It would thus lead the patient to vomit.

(Vangasen)

अन्यच्च–

तिक्तभूयिष्ठमाहारं पानञ्चापि प्रकल्पयेत् । यवगोधूमविकृतीस्तीक्ष्णसंस्कारवर्जिताः ।।५।।
यथास्वं लाजशक्तून्वा सितामधुयुतान् पिबेत् ।।६।।

5-6. Food and drinks, predominately bitter in taste should be served. The patient should be given preparations of barley and wheat. He should avoid such food preparations as are sizzled with sharp ingredients like chilies and hot spices. He should drink the recipe prepared of the powder of fried paddy (*lājā*) mixed with water, sugar and honey.

(Cakradatt)

अम्लपित्तविनाशका योगाः–

निस्तुषयववृषधात्रीक्वाथस्त्रिसुगन्धिमधुयुतः पीतः । अपनयत्यम्लपित्तंयदिभुक्तं मुद्गयूषेण ।।७।।

7. The decoction of the dehusked barley, *vāsaka* and *āmalakī*, mixed with *tvak*, *elā*, *patra* and honey cures *āmala pitta*. Soup of *mudga* along with food is also helpful in this regard.

(Cakradatt)

कफपित्तवमीकण्डूज्वरविस्फोटदाहहा । पाचनो दीपनः क्वाथः शृङ्गबेरपटोलयोः ।।८।।

8. The decoction of *ārdraka* and *paṭola* cures diseases of *kapha* and *pitta*, vomiting, itching, fever, *visphoṭa* (pustular eruptions) and burning syndrome. It is also carminative and digestive stimulant.

Process of Drug Making: Take equal parts of the above mentioned ingredients and raise 25 gm. of their coarsely powdered mix. Decoct it along with water measuring 320 ml. till it is reduced to one fourth.

(Cakradatt)

पटोलं नागरं धान्यं क्वाथयित्वा जलं पिबेत् । कण्डूपामार्त्तिशूलघ्नं कफपित्ताग्निमान्द्यजित् ।।९।।

9. Intake of the decoction of *paṭola*, *nāgara* and *dhānya* cures itches, *pāma*, colic pain, aggravated *kapha* and *pitta* and suppressed powder of digestion.

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Process of Drug Making: Take equal parts of the above mentioned ingredients and raise 25 gm. of their coarsely powdered mix. Decoct it along with water measuring 400 ml. till it is reduced to one fourth.

(Cakradatt)

पटोलविश्वामृतरोहिणीकृतं जलं पिबेत्पित्तकफाश्रयेषु ।
शूलभ्रमारोचकवह्निमान्द्यदाहज्वरच्छर्दिनिवारणं तत् ।।१०।।

10. Intake of the decoction of *paṭola*, *śunṭhī*, *amṛitā* (*guḍūcī*) and *kaṭukī* cures diseases caused by *pitta* and *kapha*, colic pain, giddiness, anorexia, suppression of the power of digestion, bronchitis fever and vomiting.

Process of Drug Making: Take equal parts of the above mentioned ingredients and raise 25 gm. of their coarsely powdered mix. Decoct it along with water measuring 400 ml. till it is reduced to one fourth.

(Cakradatt)

यवकृष्णापटोलानां क्वाथं क्षौद्रयुतं पिबेत् । नाशयेदम्लपित्तञ्चारुचिञ्च वमनं तथा ।।११।।

11. Intake of the decoction of barley, *pippalī* and *paṭola* along with honey cures *āmla pitta*, anorexia and vomiting.

Process of Drug Making: Take equal parts of the above mentioned ingredients and raise 25 gm. of their coarsely powdered mix. Decoct it along with water measuring 400 ml. till it is reduced to one fourth.

वासादिदशाङ्गक्वाथः (च. द.)–
वासामृतापर्पटकनिम्बभूनिम्बमार्कवैः । त्रिफलाकुलकैः क्वाथः सक्षौद्रश्चाम्लपित्तहा ।।१२।।

12. Vasādi daśānga Kvātha:

Ingredients: *Vāsa*, *amṛitā*, *parpaṭaka*, *bhūnimba*, *nimba*, *bhṛingarāja*, *harītakī*, *vibhītaka*, *āmalakī* and *kulaka* (*paṭola*).

Process of Drug-Making: Take equal parts of the above mentioned ingredients and raise 25 gm. of their coarsely powdered mix. Decoct it along with water measuring 400 ml. till it is reduced to one fourth.

Method of use/Administration: It should be taken along with honey.

Therapeutic benefits: It cures *āmla pitta*.

(Cakradatt)

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फलत्रिकंपटोलञ्चतिक्ताक्वाथःसितायुतः । पीतःक्लीतकमध्वाक्तो ज्वरच्छर्द्यम्लपित्तजित् ।।१३।।

13. Decoction of *Harītakī*, *vibhītaka*, *āmalakī*, *paṭola* (leaves) and *kirāta ikta* taken along with sugar and added with powder of *yaṣṭimadhu* and honey, cures fever, vomiting and *āmla pitta*.

Process of Drug Making: Take equal parts of the above mentioned ingredients and raise 25 gm. of their coarsely powdered mix. Decoct it along with water measuring 400 ml. till it is reduced to one fourth.

(Cakradatt)

अम्लपित्तविनाशका योगाः–

पथ्याया भृङ्गराजस्य चूर्णं जीर्णगुडान्वितम् । अम्लपित्तभवां हन्तिच्छर्दिमन्नविदाहजाम् ।।१४।।

14. Powder of *pathyā* and *bhṛingarāja* should be mixed with old jaggery and taken. It cures vomiting caused by *āmla pitta* and *annavidāha* (improper digestion of food).

(Cakradatt)

कान्तपात्रे वराकल्को व्युषितोऽभ्यासयोगतः । सिताक्षौद्रसमायुक्तः कफपित्तहरः स्मृतः ।।१५।।

15. *Kalka* of *harītakī*, *vibhītakī* and *āmalakī* should be coated on the surface of a pot of *kānta lauha* (magnetic iron) for a overnight period. After adding sugar and honey to it, the same should be taken next day morning regularly. This cures *kapha-pitta* type of *āmla pitta*.

(Cakradatt)

छिन्नाखदिरयष्ट्याह्वदार्वम्भो वा मधुद्रवम् । साद्राक्षामभयां खादेत्सक्षौद्रां सगुडाञ्च ताम ।।१६।।

16. The patient suffering from *āmla pitta* should take the decoction of *guḍūcī*, *khadira*, *yaṣṭimadhu* and *dāru haridrā* along with *madhu drava* (honey mixed with water). Intake of *abhyā* along with *drākṣā* or honey or jaggery is also useful in this condition.

Process of Drug Making: Take equal parts of the above mentioned ingredients and raise 25 gm. of their coarsely powdered mix. Decoct it along with water measuring 400 ml. till it is reduced to one fourth.

(Cakradatt)

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छिन्नोद्भवा निम्बपटोलपत्रं फलत्रिकं सुकथितं सुशीतम् ।
क्षौद्रान्वितं पीतमनेकरूपं सुदारुणं हन्ति तदम्लपित्तम् ।।१७।।

17. Prepare decoction of *guḍūcī*, bark of *nimba*, *paṭola* leaves and *triphalā*. Add little honey to it and drink the same. This would alleviate severe and different types of *āmlapitta roga*.

Process of Drug Making: Take equal parts of the above mentioned ingredients and raise 25 gm. of their coarsely powdered mix. Decoct it along with water measuring 400 ml. till it is reduced to one fourth.

(Cakradatt)

वासाघृतं तिक्तघृतं पिप्पलीघृतमेव च । अम्लपित्ते प्रयोक्तव्यं गुडकूष्माण्डकं तथा ।।
पक्तिशूलापहा योगास्तथा खण्डामलक्यपि ।।१८।।

18. *Vāsa Ghṛita* (the formula quoted in the section related to *Raktapitta*), *Tiktaka Ghṛita* (the formula quoted in section related to *Kuṣṭha*), *Pippalī Ghṛita* (the formula quoted in section related to *Pariṇāma Śūla*) and *Guḍa Kuṣmāṇḍaka* (the formula quoted in section related to *Vājikaraṇa*) are useful in the treatment of *āmla pitta*. Similarly, recipes prescribed for the treatment of *paktiśūla* (duodenal ulcer) and *Khanḍāmalakī Rasāyaṇa* are useful in the treatment of *āmla pitta*.

(Cakradatt)

पिप्पली मधुसंयुक्ता अम्लपित्तविनाशिनी । जम्बीरस्वरसः पीतः सायं हन्त्यम्लपित्तकम् ।।१९।।

19. Intake of *pippalī* along with honey cures *āmla pitta*. Taking the juice of *jambīra* lemon in the evening hours also checks the indisposition.

(Cakradatt)

हिङ्गु च कतकफलानि चिञ्चात्वचो घृतञ्च पुटदग्धम् ।
शमयति तदम्लपित्तमम्लभुजो यदि यथोत्तरं द्विगुणम् ।।२०।।

20. Take *hingu* (1 part), fruit of *kataka* (2 parts), bark of *Cincā* (4 parts) and cook them together along with the *ghṛitam* (8 parts) through the *puṭa pāka* method. Intake of this recipe in doses of 2-5 gm. cures *āmla pitta* among patients who eat a lot of sour things.

(Cakradatt)

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अभया पिप्पली द्राक्षा धान्ययवासकम् । मधुना कण्ठदाहघ्नं पित्तश्लेष्महरं परम् ।।२१।।

21. Obtain powders of *haraḍa*, *pippalī*, *drākṣā* fruits, raw sugar, coriander seeds and *yavāsā*. Consume this compound along with honey to get relief from burning sensation in throat and disorders of *pitta* and *śleṣma*.

(Vangasen)

पटोलयवधान्याकपिप्पल्यामलकानि च । एषां क्षौद्रयुतः क्वाथः पित्तश्लेष्महरः परः ।।२२।।

22. Methodologically prepare decoction of *paṭola* leaves, barley, coriander seeds, *pippalī* and *āmalakī*. Drink the decoction twice a day along with honey to cure *śleṣmapitta* disorders.

Process of Drug Making: Take equal parts of the above mentioned ingredients and raise 25 gm. of their coarsely powdered mix. Decoct it along with water measuring 400 ml. till it is reduced to one fourth.

(*Bhāvaprakāśa*)

पञ्चनिम्बादिचूर्णम्–

एकोंऽशः पञ्च निम्बानां द्विगुणो वृद्धदारकः । शक्तुर्दशगुणो देयः शर्करामधुरीकृतः ।।२३।।
शीतेन वारिणा पीतं शूलं पित्तकफोच्छ्रितम् । निहन्ति चूर्णं सक्षौद्रमम्लपित्तं सुदारुणम् ।।२४।।

23-24. Pañca Nimbādi Cūrṇam:

Ingredients: *Pañca nimba* (five different parts of *nimba*, viz, leaves, bark, flower, root and fruit), *vṛiddhadāraka*, *saktu* (roasted corn flour) and sugar.

Process of Drug-Making: Take 1 part of *pañca nimba* (five different parts of *nimba*, viz, leaves, bark, flower, root and fruit), 2 parts of *vṛiddhadāraka* and 10 parts of *saktu* (roasted corn flour) and add to it 10 parts of sugar to make the recipe sweet in taste.

Method of use/ Administration and Therapeutic benefits: Intake of this recipe in doses of 50 gm. along with cold water cures colic pain caused by *pitta* and *kapha*. Intake of this along with honey cures serious type of *āmla pitta*.

(Cakradatt)

अविपत्तिकरचूर्णम्–

त्रिकटु त्रिफला मुस्तं विडञ्चैव विडङ्गकम् । एला पत्रञ्च चूर्णानि समभागानि कारयेत् ।।२५।।
सर्वमेकीकृतं यावल्लवङ्गं तत्समं भवेत् । सर्वचूर्णद्विगुणितं त्रिवृच्चूर्णं प्रदापयेत् ।।२६।।

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भोजनादौ तथा मध्ये खादेन्माषाष्टकं शुभम् । सर्वमेकीकृतं यावत्तावच्छर्करयाऽन्वितम् ।।२७।।
अम्लपित्तं निहन्त्याशु विबन्धं मलमूत्रयोः । अग्निमान्द्यभवान् रोगान् नाशयेदविकल्पतः ।।२८।।
प्रमेहान् विंशतिश्चैव सर्वदुर्नामनाशनम् । अविपत्तिकरं चूर्णमगस्त्यविहितं शुभम् ।।२९।।

25-29. Avipattikara Cūrṇam:

Ingredients: Individual herbs of *tṛikaṭu* and *tṛiphalā*, *mustā*, *viḍa* salt, *vāyaviḍanga*, cardamom, cassia leaves, clove, *niśotha* and raw sugar.

Process of Drug-Making: Take individual herbs of *tṛikaṭu* and *tṛiphalā*, *mustā*, *viḍa* salt, *vāyaviḍanga*, cardamom, cassia leaves (1 part each), clove (11 parts) and *niśotha* (44 parts). Powder all these materials and add to them raw sugar equivalent to the weight of the powder (66 parts).

Method of use/Administration: Consume this medicine in doses of 3-8 gm. along with meals.

Therapeutic benefits: This would help in alleviating such diseases as *āmlapitta*, problems related to flow of urine and stool, disorders caused due to *agnimāndya* (loss of digestive powers), 20 types of *prameha* (i.e. urinary disorders including diabetes) and all types of piles. This medicine is known as *Avipattikara Cūrṇa* and it has been prepared by sage Agastya.

(*Rasendra Cintāmaṇī*)

लीलाविलासः–

रसोबलिर्व्योमरविस्तु लौहं धात्र्यक्षनीरैस्त्रिदिनं विमर्द्य ।
तदल्पघृष्टंमृदुमार्कवेण सम्मर्दयेदस्य हि रक्तिमात्रम् ।।३०।।
हन्त्यम्लपित्तंविविधप्रकारं लीलाविलासो रसराज एषः ।
छर्दिं सशूलां हृदयस्य दाहं निवारयेदेष न संशयोऽत्र ।।३१।।
दुग्धं सकूष्माण्डरसं सधात्रीफल समेतं ससितं भजेद्वा ।।३२।।

30-32. Līlā Vilāsa:

Ingredients: *Pārada*, *gandhaka*, *abhraka bhasma*, *tāmra bhasma*, *lauha bhasma*, juice or decoction of *āmalakī*, *vibhītakī* and juice of *bhṛingarāja*.

Process of Drug-Making: Get equal parts of *pārada*, *gandhaka*, *abhraka bhasma*, *tāmra bhasma* and *lauha bhasma* and triturate them together for three days by adding to the preparation the juice or decoction of *āmalakī* and *vibhītakī*. Get it roasted over mild fire and again triturate along with the juice of *bhṛingarāja*.

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Method of use/Administration: Intake of this recipe in doses of 750 mg. along with honey cures *āmla pitta*. This important recipe is called *Līlā Vilāsa*. After taking this recipe, the patient should take milk, or juice of *kuṣmāṇḍa* (ash gourd) or juice of *āmalakī* along with sugar.

Therapeutic benefits: It cures *āmla pitta*.

(*Rasendra Sār Sangraha*)

अम्लपित्तान्तको लौहः–

मृतसूतार्कलौहानां तुल्यां पथ्यां विमर्दयेत् । माषमात्रं लिहेत्क्षौद्रैरम्लपित्तप्रशान्तये ।।३३।।

33.Amlapittāntaka Lauha:

Ingredients: *Rasa sindūra*, *tāmra bhasma*, *lauha bhasma* and *harītakī* powder.

Process of Drug-Making: Take 1 part each of *rasa sindūra*, *tāmra bhasma* and *lauha bhasma* and 3 parts of *harītakī* powder. Mix all these materials together.

Method of use/Administration: One should consume 375 mg. of this medicine along with honey daily during morning and evening before taking meals.

Therapeutic benefits: It cures *āmlapitta*.

(*Rasendra Sār Sangraha*)

भास्करामृताभ्रकम्–

वासाऽमृताकेशराजपर्पटीनिम्बभृङ्गकम् । वृश्चीरबृहतीमुस्तं वाट्यालकशतावरी ।।३४।।
एषां सत्त्वैः पलोन्मानैर्मदितं विमलाभ्रकम् । सहस्रपुटितं तत्र शतावर्या रसं क्षिपेत् ।।३५।।
वारद्वादशकं दत्त्वा वटिकां कारयेद्भिषक् । भास्करामृतनामेदमम्लपित्तं नियच्छति ।।३६।।
शूलमन्नद्रवं शूलं शूलञ्च परिणामजम् । छर्दिं हृल्लासमरुचिं तृष्णां कासञ्च दुर्जयम् ।।३७।।
हृद्ग्रहं कामलां रक्तपित्तं यक्ष्माणमेव च । दाहं शोथं भ्रमिं तन्द्रां विस्फोटं कुष्ठमेव च ।।
श्वासं मूर्च्छां च मन्दाग्नि यकृत्प्लीहोदरं तथा ।।३८।।

34-38. Bhāskarāmṛita Abhrakam:

Ingredients: Bark of *aḍuṣā*, *guḍūcī*, *keśarāja*, *parpaṭī*, bark of *nimba*, *bhṛingarāja*, white *punarnavā*, bigger *vyāghrī*, *mustā*, root of *balā*, juice or decoction of *śatāvarī* and *abhraka bhasma* (thoroughly purified).

Process of Drug-Making: Get 50 ml. decoction or juice each of bark of *aḍuṣā*, *guḍūcī*, *keśarāja*, *parpaṭī*, bark of *nimba*, *bhṛingarāja*, white *punarnavā*, bigger *vyāghrī*, *mustā*, root of *balā* and *śatāvarī*. Obtain 50 gm. of *abhraka*

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bhasma (thoroughly purified) and triturate it one by one along with all the above mentioned materials (in their present order starting with *aḍuṣā*). Later, triturate the compound along with juice of *śatāvarī* only. Subsequently, triturate it and make pills in measurement of 125 mg. each out of the preparation. This *abhraka bhasma* is also known as *Bhāskrāmṛita*.

Therapeutic benefits: It is very useful in curing *āmlapitta*, *śūla*, *annadravaśūla*, *pariṇāmśūla*, *vamana*, *hṛallās*, anorexia, morbid thirst, difficult *kāsa* (coughs), heart problems (stiffness or pain), jaundice, *rakta pitta*, *rajayakṣamā*, burning sensation, *śotha*, giddiness, sleeping tendency (*tandrā*), *viśphotaka*, *kuṣṭha* (skin diseases including leprosy), asthma, fainting, loss of digestive power, problems related to liver and spleen.

अम्लपित्तान्तको लौहो द्वितीयः–

रसगन्धकमण्डूरैरयस्कान्तः सुजारितः । सम्यङ्भारितमभ्रञ्च सर्वं सदृशभागिकम् ।।३९।।
धात्रीरसेन सम्मर्द्य वटी कार्या द्विरक्तिका । धन्याभयामधुरिकाक्वाथेन यदि सेव्यते ।।४०।।
अम्लपित्तादिकान्रोगान्हन्तिशूलान्यशेषतः । अम्लपित्तान्तकोनाम लौहोऽयं परिकीर्तितः ।।४१।।

39-41. Amlapittāntaka Lauham (Second Recipe):

Ingredients: Purified *pārada*, purified *gandhaka*, *manḍūra bhasma*, *ayaskānta bhasma*, *abhraka bhasma* and juice of *āmalakī*.

Process of Drug-Making: Obtain equal parts of purified *pārada*, purified *gandhaka*, *manḍūra bhasma*, *ayaskānta bhasma* and *abhraka bhasma*. Triturate it along with juice of *āmalakī* for one day and prepare pills measuring 250 mg. each.

Method of use/Administration: Consume this pill along with the decoction of coriander seeds, *haraḍa* and aniseeds.

Therapeutic benefits: This recipe is very beneficial in curing *āmlapitta* disorders and all types of piles.

सर्वतोभद्रलौहम्–

लौहचूर्णं मृतं ताम्रमभ्रकञ्च पलं पलम् । शुद्धसूतञ्च कर्षैकं गन्धकार्द्धपलं तथा ।।४२।।
माक्षिकस्य विशुद्धस्य कर्षं शुद्धाशिला वरा । सार्द्धकर्षं विशुद्धञ्च शिलाजतु तथा परम् ।।४३।।
गुग्गुलोश्चापि कर्षैकं शाणमानं परस्य च । चूर्णं विडङ्गभल्लातवह्निश्वेतार्कमूलजम् ।।४४।।
करिकर्णपलाशश्च तालमूली पुनर्नवा । घनामृतानागबलाचक्रमर्दकमुण्डिरी ।।४५।।
भृङ्गकेशशतावर्यो वृद्धदारं फलत्रयम् । त्रिकट्वथापि सर्वेषां प्रत्येकञ्च नयेद्भिषक् ।।४६।।
सर्वमेकत्र सम्मर्द्य घृतेन मधुना सह । स्निग्धे भाण्डे विनिक्षिप्य ततः कुर्याद्विधानवित् ।।४७।।
माषकादिक्रमेणैव लौहं सर्वरसायनम् । अम्लपित्तं जयेच्छीघ्रं सर्वोपद्रवसंयुतम् ।।४८।।

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तद्वदर्शांसि सर्वाणि सर्वमेव भगन्दरम् । पक्तिशूलञ्च शूलञ्च तथाऽऽमं कुक्षिसम्भवम् ।।४९।।
वातरक्तं तथा कुष्ठं पाण्डुरों हलीमकम् । आमवातं तथा शोथमग्निमान्द्यं सुदुस्तरम् ।।५०।।
कामलां वातगुल्मञ्च पिडकागरगृध्रसीः । कासश्वासारुचिहरं वृष्यमेतद्विशेषतः ।।५१।।
सर्वव्याधिहरं प्रोक्तं यथेष्टाहारसेविनः । यक्ष्माणं रक्तपित्तञ्च वातरोगं विनाशयेत् ।।५२।।
संज्ञया सर्वतोभद्रलौहो रसवरः स्मृतः ।।५३।।

42-53.Sarvato Bhadra Lauham:

Ingredients: *Lauha bhasma*, *tāmra bhasma*, *abhraka bhasma*, purified *pārada*, purified *gandhaka*, *svarṇamākṣika bhasma*, purified *manahśilā*, purified *śilājatu*, purified *guggulu*, *vāyaviḍanga*, purified *bhallātaka*, bark of *citrakamūla*, bark of white *arka's* root, *hastikarṇa palāśa*, *muṣalī*, root of *punarnavā*, *mustā*, *guḍūcī*, *nāgabalā*, seed of *cakramarda*, *munḍīri*, *bhṛingarāja*, *keśarāj*, *śatāvarī*, seeds of *vṛiddhadāraka* and *tṛikaṭu*, *tṛiphalā* herbs, *ghṛita* and honey.

Process of Drug-Making: Get 46 gm. each of *lauha bhasma*, *tāmra bhasma*, and *abhraka bhasma*, purified *pārada* (12 gm.), purified *gandhaka* (23 gm.), *svarṇamākṣika bhasma* (12 gm.), purified *manahśilā* (12 gm.), purified *śilājātu*(18 gm.), purified *guggulu* (12 gm.) and 3 gm. quantity powder of the each of the following: *vāyaviḍanga*, purified *bhallātaka*, bark of *citrakamūla*, bark of white *arka's* root, *hastikarṇa palāśa*, *muṣalī*, root of *punarnavā*, *mustā*, *guḍūcī*, *nāgabalā*, seed of *cakramarda*, *munḍīri*, *bhṛingarāja*, *keśarāj*, *śatāvarī*, seeds of *vṛiddhadāraka* and *tṛikaṭu* and *tṛiphalā* herbs. Methodologically triturate all the materials together by adding to it 100 gm. of *ghṛita* and 50 gm. of honey. This medicine is known as *Sarvatobhadra Lauha*.

Method of use/Administration: Start consuming this medicine initially with 500 mg. and increase the dose by 125 mg. daily to a maximum of 1 gm. While consuming this medicine one should not worry about the diet. There is no dietary regulation during the intake this medicine.

Therapeutic benefits: This medicine can cure *āmlapitta* accompanied with all types of indispositions, all types of piles, all types of *bhagandara*, *paktiśūla*, *āmaśūla*, *kukṣiśūla*, *vāta rakta*, *kuṣṭha*, *pāṇḍu*, *halīmaka*, *āmavāta*, *śotha*, severe loss of digestive powers, jaundice, *vātagulma*, diabetic disorders, *kāsa* (coughs), asthma, anorexia, *rajayakṣamā*, *rakta pitta* and *vāta* disorders. Taken with different *anupānas* it can cure all diseases. This medicine provides aphrodisiac power.

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पानीयभक्तगुडिका–

त्र्यूषणं त्रिफला मुस्तं त्रिवृता चित्रकं तथा । प्रत्येकं काषिकं दद्यात् सूतगन्धौ तदर्द्धकौ ।।५४।।
लौहाभ्रकविडङ्गानां दद्यात्कर्षद्वयं तथा । त्रिफलायाः कषायेण गुडीं कृत्वा विधानतः ।।५५।।
तदेकां भक्षयेत्प्रातर्भक्तवारि पिबेदनु । हन्ति शूलं त्रिदोषोत्थमम्लपित्तं विशेषतः ।।५६।।
हृच्छूलं पार्श्वशूलञ्च कुक्षिबस्तिगुदे रुजम् । श्वासं कासं तथा कुष्ठं ग्रहणीदोषनाशिनी ।।५७।।

54-57.Pānīya Bhakta Guḍikā:

Ingredients: *Ṭrikaṭu* and *ṭriphalā* herbs, *mustā*, *niśotha*, bark of *citraka*, purified *pārada*, purified *gandhaka*, powdered *lauha bhasma*, *abhraka bhasma*, *viḍanga* and decoction of *ṭriphalā*.

Process of Drug-Making: Take the *ṭrikaṭu* and *ṭriphalā* herbs, *mustā*, *niśotha*, bark of *citraka* (each 12 gm.) and 6 gm. each of purified *pārada* and purified *gandhaka*. Also take 23 gm. each of powdered *lauha bhasma*, *abhraka bhasma* and *viḍanga*. Triturate all these materials with decoction of *ṭriphalā* and prepare pills in measurement of 500 mg. each. This medicine is known as *Pānīyabhakta Guḍikā*.

Method of use/Administration: During morning hours consume one pill of this medicine along with the *anupāna* of *kānji*.

Therapeutic benefits: It cures disorders like *ṭridoṣaja śūla*, *āmlapitta*, heart ache, *pārśavśūla*, pains in the abdomen, bottom, asthma, coughs, *kuṣṭha* and *grahaṇī* disorders.

(*Rasendra Cintāmaṇī*)

पानीयभक्तवटिका–

कृष्णाभ्रलौहमलकुष्ठविडङ्गचूर्णं–प्रत्येकमेकपलिकं विधिवद् विधाय ।
चव्यं कटुत्रयफलत्रयकेशराज–दन्तीपयोदचपलाऽनलघण्टकर्णाः ।।५८।।
माणौल्लशुक्लबृहतीत्रिवृताः ससूर्या–वर्त्ताः पुनर्नविकया सहितास्त्वमीषाम् ।
मूलं प्रतिप्रतिविशोधितमक्षमेकं–चूर्णं तदर्द्धरसगन्धकमेकसंस्थम् ।।५९।।
कृत्वाऽऽर्द्रकीयरससंवलितञ्च भूयः–सम्पिष्य यस्य वटिका विधिवद्विधेया ।
हन्त्यम्लपित्तमरुचि ग्रहणीमसाध्यां–दुर्नामकामलभगन्दरशोथगुल्मान् ।।६०।।
शूलञ्च पाकजनितं सतताग्निमान्द्यं–सद्यः करोत्युपचयं चिरनष्टवह्नेः ।
कुष्ठानि हन्ति पलितञ्च वलिं विवृद्धां–श्वासञ्च कासमपि पाण्डुगदं निहन्ति ।।६१।।
वार्यन्नमांसदधिकाञ्जिकतक्रमत्स्य–वृक्षाम्लतैलपरिपक्वभुजो यथेष्टम् ।
शृङ्गाटबिल्वगुडकञ्चटनारिकेल–दुग्धानि सर्वविदलानि विवर्जयेत्तु ।।६२।।

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58-62. Pānīya Bhakta Vaṭikā:

Ingredients: *Kṛiṣṇābhraka bhasma*, *manḍūra bhasma*, powders of *kuṣṭha*, *viḍanga*, *cavya*, individual herbs of *tṛikaṭu*, *tṛiphalā*, *keśarāja*, root of *dantī*, *mustā*, *pippalī*, bark of *citraka*, *ghaṇṭa karṇamūla*, *mānakanda*, *śūraṇkanda*, root of white *bṛihatī* (*kañṭakārī*), *niśotha*, root of *sūryāvarta*, *punarnavā*, purified *pārada*, purified *gandhaka* and juice of ginger.

Process of Drug-Making: Obtain 46 gm. each of *kṛiṣṇābhraka bhasma*, *manḍūra bhasma*, powders of *kuṣṭha* and *viḍanga*, 12 gm. each of powdered *cavya*, individual herbs of *tṛikaṭu* and *tṛiphalā*, *keśarāja*, root of *dantī*, *mustā*, *pippalī*, bark of *citraka*, *ghaṇṭa karṇamūla*, *mānakanda*, *śūraṇkanda*, root of white *bṛihatī* (*kañṭakārī*), *niśotha*, root of *sūryāvarta* and *punarnavā* and 6 gm. each of purified *pārada* and purified *gandhaka*. Triturate all the materials together along with juice of ginger for three days and prepare pills measuring 500 mg. each.

Method of use/Administration: During the period marked by this medication, the following are considered as useful meals: *vāṛibhakta*, meat, meat soup, curd, *kānji*, buttermilk, fish and food fried in oil. Similarly, the following are prohibited during intake of the medicine: *śṛīngāṭa*, *bilva* fruit, jaggery, leaves of *kancat*, coconut, milk and pulses.

Therapeutic benefits: By consuming this one can get relief from *āmlapitta*, anorexia, difficult *sangrahaṇī*, piles, jaundice, *bhagandara*, *śotha*, *gulma*, *pariṇāmśūla*, continuous loss of digestive powers, *kuṣṭha* (skin diseases including leprosy), *palita*, *bali*, asthma, *kāsa* (coughs) and anemia. It also promotes digestive power.

(*Rasendra Sār Sangraha*)

पञ्चाननगुडिका–

शुद्धसूतं पलार्द्धञ्च तत्समं शुद्धगन्धकम् । तयोस्तुल्यं ताम्रपत्रं लिप्त्वा मूषोदरे क्षिपेत् ।।६३।।
आच्छाद्य पञ्चलवणैर्लिप्त्वा गजपुटे पचेत् । सिद्धं ताम्रं समादाय पलमेकं विचूर्णयेत् ।।६४।।
पारदस्य पलञ्चैकं गन्धकस्य पलं तथा । पुटदग्धस्य लौहस्य गगनस्य पलं पलम् ।।६५।।
यमानी शतपुष्पा च त्रिकटु त्रिफलापि च । त्रिवृता चविका दन्ति शिखरी जीरकद्वयम् ।।६६।।
एतेषां पलिकैर्भागैर्घण्टकर्णकमाणकम् । ग्रन्थिकं चित्रकञ्चैव कुलिशानां पलार्द्धकम् ।।६७।।
आर्द्रकस्वरसैः पिष्ट्वा गुडिकां माषकोन्मिताम् । पञ्चाननगुडी ख्याता सवरोगविनाशिनी ।।६८।।
अम्लपित्तमहाव्याधिनाशिनी च रसायनी । महाग्निकारिका चैषा परिणामव्यथाऽपहा ।।६९।।
शोथपाण्ड्वामयानाहप्लीहगुल्मोदरापहा । गुरुवृष्यान्नपानानि पयो मांसरसो हितः ।।७०।।

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63-70. Pañcānana Guḍikā:

Ingredients: Purified *pārada*, purified *gandhaka*, juice of lemon, foils of *tāmra*, all five types of salts, *tāmra bhasma*, purified *pārada*, purified *gandhaka*, *lauha bhasma*, *abhraka bhasma*, caraway seeds, aniseeds, individual herbs of *tṛikaṭu* and *tṛiphalā*, *niśotha*, *cavya*, root of *dantī*, *apāmārga*, white and black cumin seeds, *ghaṇṭa karṇamūla*, *mānakanda*, *pippalīmūla*, roots of *citraka*, *kuliśāna* (*aṣṭhisamhāri*) and juice of ginger.

Process of Drug-Making: Take purified *pārada* and purified *gandhaka* measuring 70 gm. each. Triturate them along with juice of lemon and prepare *kajjalī* out of it. Take this *kajjalī* and coat it over the foils of *tāmra*. Put them inside a *mūṣā* and sprinkle all five types of salts over it. Properly cover and tie the *mūṣā* and heat it through *gajapuṭa* method. Collect 46 gm. measure each of the following materials prepared in this fashion: *tāmra bhasma*, purified *pārada*, purified *gandhaka*, *lauha bhasma* and *abhraka bhasma*. Also take 15 gm. each of the powders of caraway seeds, aniseeds, individual herbs of *tṛikaṭu* and *tṛiphalā*. Also take 46 gm. each of powdered *niśotha*, *cavya*, root of *dantī*, *apāmārga*, white and black cumin seeds and 23 gm. measure each of the *ghaṇṭa karṇamūla*, *mānakanda*, *pippalīmūla*, roots of *citraka* and *kuliśāna* (*aṣṭhisamhāri*). Triturate all these materials including the *bhasmas* together along with juice of ginger and prepare pills measuring 1 gm. each.

Method of use/Administration: During its medication period one should consume heavy and aphrodisiac edibles like milk and meat soups.

Therapeutic benefits: Taken with proper *anupānas*, this medicine could cure all types indispositions including *āmlapitta*, *pariṇāmśūla*, *śotha*, *pāṇḍu*, *ānāha*, enlargement of spleen, *gulma* and problems related to gastro intestinal tract. It also promotes digestive power and is a great nutrient. This medicine is known as *Pañcānan Guḍikā*.

(*Ras Ratnākar*)

क्षुधावती गुडिका स्वल्पा–

रसगन्धकमभ्राणि यमानी त्र्यूषणं तथा । त्रिफला शतपुष्पा च चविका जीरकद्वयम् ।।७१।।
पुनर्नवा वचा दन्ती त्रिवृता घण्टकर्णकम् । दण्डोत्पला शारिवे द्वे चाक्षमात्राणि कारयेत् ।।७२।।
मण्डूरं द्विगुणं दत्त्वा पेषणीयं प्रयत्नतः । आर्द्रस्वरस आलोड्य गुडिकां कारयेद् बुधः ।।७३।।
प्रत्यहं भक्षयेदेकां भक्तवारि पिबेदनु । वटी क्षुधावती नाम्ना चाम्लपित्तविनाशिनी ।।७४।।
अग्निञ्च कुरुते दीप्तं तेजोवृद्धिं बलन्तथा । प्लीहानं श्वासमानाहमामवातं विनाशयेत् ।।७५।।

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परिणामभवं शूलं कासं पञ्चविधं तथा । जगतस्तु हितार्थाय वाग्भटेन प्रकीर्त्तिता ।।७६।।

71-76. Kṣudāvatī Guḍikā:

Ingredients: Purified *pārada*, purified *gandhaka*, *abhraka bhasma*, caraway seeds, individual herbs of *tṛikaṭu* and *tṛiphalā*, aniseeds, *cavya*, white and black cumin seeds, root of *punarnavā*, *vacā*, root of *dantī*, *niśotha*, *ghaṇṭakarṇa*, *sahadevī*, white and black *śārivā*, *manḍūra bhasma* and juice of ginger.

Process of Drug-Making: Take 12 gm. each of powdered purified *pārada*, purified *gandhaka*, *abhraka bhasma*, caraway seeds, individual herbs of *tṛikaṭu* and *tṛiphalā*, aniseeds, *cavya*, white and black cumin seeds, root of *punarnavā*, *vacā*, root of *dantī*, *niśotha*, *ghaṇṭakarṇa*, *sahadevī*, white and black *śārivā* and 515 gm. of *manḍūra bhasma*. Methodologically triturate all these materials along with the juice of ginger and prepare pills measuring 500 mg.

Method of use/Administration: Consume this medicine along with *bhaktavārī* or *kānji* as *anupāna*.

Therapeutic benefits: This medicine is known as *Svalpa Kṣudhāvatī Guḍikā*. This medicine cures *āmlapitta* and promotes digestive power. It also promotes strength of body by increasing *tejodhātu* of the body. Apart from these, it is also capable of curing enlargement of spleen, asthma, *ānāha*, *āmavāta*, *pariṇāma śūla* and five types of cough. This medicine has been prepared by Śrīvāgbhaṭāchārya for the welfare of mankind.

(*Ras Ratnākar*)

क्षुधावती गुटिका मध्यमा–

रसायोगन्धकाभ्राणि त्र्यूषणं त्रिफला वचा । यमानी शतपुष्पा च चविका जीरकद्वयम् ।।७७।।
प्रत्येकं पलमेषान्तु घण्टकर्णः पुनर्नवा । माणकं ग्रन्थिकं चेन्द्रकेशराजसुदर्शनाः ।।७८।।
दण्डोत्पला त्रिवृद्दन्ती जामातृ रक्तचन्दनम् । भृङ्गापामार्गकुलका मण्डूकञ्च पलार्द्धकम् ।।७९।।
आर्द्रकस्वरसेनाथ गुडिकां सम्प्रकल्पयेत् । बदरास्थिसमां चैकां भक्षयित्वा पिबेदनु ।।८०।।
वारिभक्तजलञ्चैव प्रातरुत्थाय मानवः । वटी क्षुधावती नाम्ना सर्वाजीर्णविनाशिनी ।।८१।।
अग्निञ्च कुरुते दीप्तं भस्मकञ्च नियच्छति । अम्लपित्तं च शूलञ्च परिणामकृतञ्च यत् ।।८२।।
तत्सर्वं शमयत्याशु भास्करस्तिमिरं यथा । मधुरं वर्जयेदत्र विशेषात् क्षीरशर्करे ।।८३।।

77-83. Kṣudhāvatī Guḍikā (Middle Level Recipe):

Ingredients: Purified *pārada*, *lauha bhasma*, purified *gandhaka*, *abhraka bhasma*, individual herbs of *tṛiphalā* and *tṛikaṭu*, *vacā*, caraway seeds, aniseeds, *cavya*, white and black varieties of cumin seeds, *ghaṇṭakarṇa*, root of *punarnavā*,

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mānakanda, *pippalīmūla*, *indrayava*, *keśarāj*, *sudarśana*, *sahadevī*, *niśotha*, root of *dantī*, *sūryāvarta*, red sandalwood, *bhṛingarāja*, *apāmārga*, leaves of *paṭola*, *manḍukaparṇī* and juice of ginger.

Process of Drug-Making: Get 46 gm. each from the following materials in powdered form: purified *pārada*, *lauha bhasma*, purified *gandhaka*, *abhraka bhasma*, individual herbs of *triphalā* and *trikaṭu*, *vacā*, caraway seeds, aniseeds, *cavya* and white and black varieties of cumin seeds. Also take powders measuring 23 gm. each of *ghaṇṭakarṇa*, root of *punarnavā*, *mānakanda*, *pippalīmūla*, *indrayava*, *keśarāj*, *sudarśana*, *sahadevī*, *niśotha*, root of *dantī*, *sūryāvarta*, red sandalwood, *bhṛingarāja*, *apāmārga*, leaves of *paṭola* and *manḍukaparṇī*. Triturate the materials together along with juice of ginger and prepare pills measuring 500 mg. each.

Method of use/Administration: Consume this medicine along with *kānji*. While consuming this medicine one should strictly avoid sweet products specially the milk and sugar.

Therapeutic benefits: This medicine is known as *Madhya Kṣudhāvatī Guḍikā* and it alleviates all types of indigestion, *bhasmaka* disorder, *śūla* of *āmlapitta* and *pariṇāma śūla*. It cures these diseases as effectively as the sun clears darkness. It also promotes digestive power.

क्षुधावती गुडिका बृहती–

गगनाद् द्विपलं चूर्णं लौहस्य पलमात्रकम् । लौहकिट्टपलार्द्धञ्च सर्वमेकत्र संस्थितम् ।।८४।।
मण्डूकपर्णीविशिरतालमूलीरसैस्तथा । भृङ्गवरीकेशराजकालमारिषजैरथ ।।८५।।
त्रिफलाभद्रमुस्ताभिः स्थालीपाकाद्विचूर्णितम् । रसगन्धकयोः कर्षं प्रत्येकं ग्राह्यमेकतः ।।८६।।
तन्मसृणाश्मनःखल्लेयत्नतः कज्जलीकृतम् । वचा चव्यं यमानी च जीरके शतपुष्पिका ।।८७।।
व्योषं विडङ्गं मुस्तञ्च ग्रन्थिकं खरमञ्जरी । त्रिवृता चित्रको दन्ती सूर्यावर्त्तः सितस्तथा ।।८८।।
भृङ्गमाणककन्दाश्चघण्टकर्णक एव च । दण्डोत्पला केशराजः काली च कर्कटोऽपि च ।।८९।।
एषामर्द्धपलं ग्राह्यं पटघृष्टं सुचूर्णितम् । प्रत्येकं त्रिफलायाश्च पलार्द्धं पलमेव च ।।९०।।
एतत्सर्वं समालोड्य लौहपात्रे च भावयेत् । आतपे दण्डसंघृष्टमार्द्रकस्य रसैस्त्रिधा ।।९१।।
तद्रसेन शिलापिष्टां गुडिकां कारयेद्भिषक् । बदरास्थिनिभां शुष्कां सुनिगुप्तां निधापयेत् ।।९२।।
तत्प्रातर्भोजनादौ तु सेविता गुडिका त्वियम् । अम्लोदकानुपानन्तु हितं मधुरवर्जितम् ।।९३।।
दुग्धञ्च नारिकेलञ्च वर्जनीयं विशेषतः । भोज्यं यथेष्टमिष्टञ्च वारिभक्ताम्लकाञ्जिकम् ।।९४।।
हन्त्यम्लपित्तं विविधं शूलञ्च परिणामजम् । पाण्डुरोगञ्च गुल्मञ्च शोथोदरगुदामयान् ।।९५।।
यक्ष्माणं पञ्च कासांश्च मन्दाग्नित्वमरोचकम् । प्लीहानं श्वासमानाहमामवातं स्वरामयम् ।।
गुडी क्षुधावती सेयं विख्याता रोगनाशिनी ।।९६।।

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84-96. Kṣudāvatī Guḍikā (Major Recipe):

Ingredients: *Bhasma* of *abhraka*, *bhasma* of *lauha*, *manḍūra*, *manḍukaparṇī*, *vaśira*, *tālamūli*, *śatāvarī*, *bhṛingarāja*, *keśarāja*, *kālmāriṣaja*, *tṛiphalā*, *bhadra mustā*, *pārad*, *gandhaka*, *vacā*, *cavya*, *yamānī*, white variety of *jīraka*, black variety of *jīraka*, *śatapuṣpā*, *śunṭhī*, *pippalī*, *marica*, *mustā*, *viḍanga*, *pippalī mūla*, *kharamañjarī*, *tṛivṛit*, *citraka*, *dantī*, *sūryāvarta*, *śita*, *bhṛingarāja*, *mānakanda*, *ghaṇṭakarṇaka*, *danḍotpala*, *keśarāja*, *kālī* and *karkaṭa*.

Process of Drug-Making: Obtain 93 gm. of the *bhasma* of *abhraka*, 46 gm. of the *bhasma* of *lauha* and 23 gm. of *manḍūra* and powdering them together, impregnate them with the juices or decoctions of *manḍukaparṇī*, *vaśira* and *tālamūli*, Subsequently, cook the preparation according to *sthālipāka* method (which involves exposing the recipe in a flat plate to the heat of the sun to get the liquid dried). Thereafter, powder the recipe. Repeat the process twice by saturating it once with the decoctions of *śatāvarī*, *bhṛingarāja*, *keśarāja*, *kālmāriṣaja* and next along with the decoctions of *tṛiphalā* and *bhadra mustā*. Prepare a *kajjalī* out powders of 12 gm. each of *pārada* (mercury) and *gandhaka* (sulphur). Combine this *kajjalī* with the above preparation and finely compound this mix in a smooth pestle and mortar made of stone. Subsequently, add to the recipe 23 gm. each of *vacā*, *cavya*, *yamānī*, white variety of *jīraka*, black variety of *jīraka*, *śatapuṣpā*, *śunṭhī*, *pippalī*, *marica*, *mustā*, *viḍanga*, *pippalī mūla*, *kharamañjarī*, *tṛivṛit*, *citraka*, *dantī*, *sūryāvarta*, *śita*, *bhṛingarāja*, *mānakanda*, *ghaṇṭakarṇaka*, *danḍotpala*, *keśarāja*, *kālī* and *karkaṭa* along with 66 gm. measure of *tṛiphalā*(all in separate powdered form). Subsequently, triturate the mix along with ginger juice and finely dry it under sun. Prepare pills measuring 500 mg. each.

Method of use/Administration: Every morning take one pill of this medicine along with *kānji*. During medication avoid taking sweet dishes, milk and water of coconut. Try to take citrus edibles and *kānji* as much as one can take.

Therapeutic benefits: This medicine is famous by name of *Kṣudhāvatī Guḍikā*. It checks *āmla pitta*, different types of *śūla*, anemia, *gulma*, edema, problems related to abdomen, tuberculosis, five types of bronchitis, anorexia, diminished digestion, disordered spleen, problems of anal region, *kāsa* (coughs), belching, arthritis, hoarseness of voice and the like.

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त्रिफलामण्डूरम्–

गोमूत्रशुद्धमण्डूरं त्रिफलाचूर्णसंयुतम् । विलिहन् मधुसर्पिर्भ्यां शूलं हन्त्यम्लपित्तकम् ।।९७।।

97. Tṛiphalā Manḍūram:

Ingredients: *Manḍūra bhasma*, cow urine, decoction of *tṛiphalā*, cow urine and *tṛiphalā* powder.

Process of Drug-Making: Obtain *manḍūra bhasma* and methodologically purify it with cow urine. Triturate it along with the decoction of *tṛiphalā* herbs and cow urine. Then put the same in a *gajapuṭa* and process it through the *puṭa* method for various times. Take 48 gm. each of this *manḍūra bhasma* and *tṛiphalā* powder. Triturate them together.

Method of use/Administration: Consume this medicine in doses of 500 mg. along with honey and *ghṛitam*.

Therapeutic benefits: This would provide relief from *āmlapitta śūla*.

सितामण्डूरम्–

धमनविधिविशुद्धं गोजले सप्तवारां–स्तरणिकिरणशुष्कं श्लक्ष्णमण्डूरचूर्णम् ।
विमलकपलमेकं पञ्चसङ्ख्यं सिताया–अनवघृतपलाष्टौ ह्यष्टकं गव्यदुग्धम् ।।९८।।
मृदुदहनशिखाभिर्मन्दमन्दं कटाहे विगतसलिलशेषं पाचयेत्पाकविज्ञः ।
वितरति गुडपाके किञ्चिदुष्णेऽवतीर्णे दृषदि दृढमभीक्ष्णं चूर्णितं देयमाशु ।।९९।।
त्रिकटुकमधुकैलायासवैडङ्गसारं–त्रिफलगदलवङ्गं कर्षमेकैकशश्च ।
तदनु शिशिरकाले द्वे पले माक्षिकस्य प्रतनुपटनिघृष्टं गालितं संप्रदद्यात् ।।१००।।
शुभतिथिदिवसादौ भोजनादौ निषेव्यं–प्रथमदिवसमेनं सार्द्धमाषं तदूर्ध्वम् ।
अहरहरनुवृद्ध्या यावदक्षं प्रयोज्यं हिमकररुचिशीतं गव्यदुग्धञ्च पेयम् ।।१०१।।
नियतमयमसाध्यानम्लपित्तोत्थशूलान् वमिनिवहसदाहानाहमोहप्रमेहान् ।
विविधरुधिररोगान् पित्तयुक्तानशेषा–नपहरति सिताख्यो दिव्यमण्डूरयोगः ।।१०२।।

98-102. Sitāmanḍūram:

Ingredients: *Manḍūra*, cow urine, *tṛiphalā*, sugar, old *ghṛitam*, cow milk, powders of *tṛikaṭu* herbs (separately), smaller cardamom, *durālabhā*, *vāyaviḍanga*, *tṛiphalā* herbs (separately), *kuṭaja*, clove and honey.

Process of Drug-Making: Take *manḍūra* and heat it. Cool it down by dipping it in cow urine. Repeat this process for seven times. Simultaneously dry it under sunrays. Obtain decoction of *tṛiphalā* after purifying the herbs and cow urine. Triturate the *manḍūra* with either of these. Put the compound in a *gajapuṭa* and process it through the *puṭa* method for 20 times. Take 46 gm. of this *manḍūra*

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bhasma along with sugar (235 gm.), old *ghṛitam* (375 gm.) and cow milk (375 ml.). Place the recipe in a frying pan and cook the same. When the preparation is still hot, add to it powders of *tṛikaṭu* herbs (separately), smaller cardamom, *durālabhā*, *vāyaviḍanga*, *tṛiphalā* herbs (separately), *kuṭaja* and clove (measuring 12 gm. each). When the preparation is cooled, add 193 gm. measure of honey to it.

Method of use/Administration: Start consuming this medicine on a very auspicious day. As *anupāna* drink milk cooled under moonlight. Dosage: 1-1.50 gm.

Therapeutic benefits: This medicine is known as *Śīta Manḍūra* and cures very severe *āmlapitta* and related *śūla*, vomiting, *ānāha*, fainting, *prameha* (i.e. urinary disorders including diabetes) and various types of *rakta janya* disorders.

अम्लपित्तान्तकमोदकः–

नागरस्य कणायाश्च पलान्यष्टौ प्रदापयेत् । गुवाकस्य पलान्यष्टौ सर्वमेकत्र कारयेत् ।।१०३।।
घृतं क्षीरं नतः पश्चात् प्रस्थं प्रस्थ प्रदापयेत् । कष्ठं यमानी कारवी वचा ।।१०४।।
चन्दनं मधुकं रास्ना देवदारु फलत्रिकम् । पत्रमेला वराङ्गञ्च सैन्धवं हबुषा शटी ।।१०५।।
मदनं कट्फलं मांसी गगनं वङ्गरूप्यकम् । तालीशं पद्मजं मूर्वा समङ्गा वंशलोचना ।।१०६।।
ग्रन्थिकंशतपुष्पाचशतमूलीकुरण्टकम् । जातीफलं जातिकोषं कणा कक्कोलमम्बुदम् ।।१०७।।
कर्पूरञ्च विडङ्गञ्च अजमोदा बलाऽमृता । मर्कटीक्षुरबीजञ्च च चन्दनं देवताडकम् ।।१०८।।
लौहं कांस्यं प्रदातव्यं कर्षमात्रंभिषग्विदा । अन्यत्सर्वं कर्षमात्रं कर्षार्द्धं स्वर्णभस्मकम् ।।१०९।।
पारदस्य तु योगेन मारितं ग्राहयेत्सुधीः । अम्लपित्तान्तको ह्येष मोदको मुनिभाषितः ।।११०।।
वान्तिं मूर्च्छाञ्च दाहञ्च कासंश्वासंभ्रमं तथा । वातजं पित्तजञ्चैव कफजं सान्निपातिकम् ।।१११।।
सर्वरोगं निहन्त्याशु प्रमेहं सूतिकागदम् । शूलञ्च वह्निमान्द्यञ्च मूत्रकृच्छ्रं गलग्रहम् ।।११२।।

103-112. Amlapittāntaka Modaka:

Ingredients: Dried ginger, *pippalī*, betel nut, cow *ghṛitam*, cow milk, clove, *nāgakeśara*, *kuṭaja*, caraway seeds, black cumin seeds, *vacā*, red sandalwood, *madhuyaṣṭī*, *rāsnā*, *devadāru*, *haraḍa*, *vibhītaka*, *āmalakī*, cassia leaves, smaller cardamom, cinnamon bark, rock salt, *habuśa*, *karcūra*, *madana phalā*, *kaṭphala*, *jaṭāmānsī*, *abhraka bhasma*, *vanga bhasma*, *rajata bhasma*, *tāliśapatra*, *padmaka*, *mūrvāmula*, *manjiṣṭhā*, *vanśalocana*, *pippalīmūla*, aniseeds, *śatāvarī*, bark of *pīṭjhinṭi's* root, *jātīphala*, *jātīkoṣa*, *pippalī*, *kakkola*, *mustā*, camphor, *vāyaviḍanga*, caraway seeds, root of *balā*, *guḍūcī*, purified seeds of *kraunc*, *kokilākṣa*, white sandalwood, *devadāli*, *lauha bhasma*, *kānsya bhasma* and *svarṇa bhasma* prepared with the use of *pārada*.

Process of Drug-Making: Obtain powders of the following measuring 375 gm. each: dried ginger, *pippalī* and betel nut. Also take cow *ghṛitam* and cow milk

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each 750 ml. Combine them together and cook. At the last stage of cooking, add to it one and 12 gm. each of clove, *nāgakeśara*, *kuṭaja*, caraway seeds, black cumin seeds, *vacā*, red sandalwood, *madhuyaṣṭī*, *rāsnā*, *devadāru*, *haraḍa*, *vibhītaka*, *āmalakī*, cassia leaves, smaller cardamom, cinnamon bark, rock salt, *habuśa*, *karcūra*, *madana phalā*, *kaṭphala*, *jaṭāmānsī*, *abhraka bhasma*, *vanga bhasma*, *rajata bhasma*, *tāliśapatra*, *padmaka*, *mūrvāmula*, *manjiṣṭhā*, *vanśalocana*, *pippalīmūla*, aniseeds, *śatāvarī*, bark of *pītjhinṭi's's* root, *jātīphala*, *jātīkoṣa*, *pippalī*, *kakkola*, *mustā*, camphor, *vāyaviḍanga*, caraway seeds, root of *balā*, *guḍūcī*, purified seeds of *kraunca*, *kokilākṣa*, white sandalwood, *devadāli*, *lauha bhasma* and powdered of *kānsya bhasma* sieved through cloth. Mix 6 gm. of *svarṇa bhasma* prepared with the *yoga* of *pārada*. This medicine is known as *Amlapittāntaka Modaka*.

Method of use/Administration: It should be consumed in doses of 6 gm.

Therapeutic benefits: It alleviates problems like vomiting, fainting, burning sensation, coughs, asthma, *bhrama*, all diseases caused due to disordered *vāta*, *pitta*, *kapha* and *tridoṣaja*, *prameha* (i.e. urinary disorders including diabetes), gynecological problems, *śūla*, loss of digestive powers, *mūtrakṛicchra* and *galagraha*.

सौभाग्यशुण्ठीमोदकः–

त्रिकटु त्रिफला भृङ्गजीरकद्वयधान्यकम् । कुष्ठाजमोदालौहाभ्रं शृङ्गी कट्फलमुस्तकम् ।।११३।।
एला जातीफलंमांसी पत्रं तालीशकेशरम् । गन्धमात्रा शटी यष्टी लवङ्गं रक्तचन्दनम् ।।११४।।
एतानि समभागानि शुण्ठीचूर्णन्तु तत्समम् । सिता द्विगुणिता तत्र गव्यक्षीरं चतुर्गुणम् ।।११५।।
तोलप्रमाणं दातव्यं दुग्धेनापि जलेन वा । अम्लपित्तं निहन्त्येतदरोचकनिषूदनम् ।।११६।।
शूलहृद्रोगवमनं कण्ठदाहं नियच्छति । हृद्दाहञ्च शिरःशूलं मन्दाग्निञ्च विनाशयेत् ।।११७।।
हृच्छूलं पार्श्वकुक्षिस्थबस्तिशूलं गुदे रुजम् । बल-पुष्टि-करञ्चैव वशीकरणमुत्तमम् ।।११८।।
विशेषादम्लपित्तञ्च मूत्रकृच्छ्रं ज्वरं भ्रमम् । निहन्ति नात्र सन्देहो भास्करस्तिमिरं यथा ।।११९।।

113-119. Saubhāgya Śunṭhī Modaka:

Ingredients: Dried ginger, *marica*, *pippalī*, *haraḍa*, *vibhītaka*, *āmalakī*, *bhṛingarāja*, white and black cumin seeds, coriander seeds, *kuṭaja*, caraway seeds, *lauha bhasma*, *abhraka bhasma*, *karkaṭaśṛingī*, *kaṭphala*, *mustā*, smaller cardamom, *jātīphala*, *jaṭāmānsī*, cassia leaves, *tāliśapatra*, *nāgakeśara*, *gandhamātraka*, *karcūra*, *madhuyaṣṭī*, clove, red sandalwood, dried ginger, jaggery and cow milk.

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Process of Drug-Making: Take powders of the following in measurement of 46 gm. each: dried ginger, *marica*, *pippalī*, *haraḍa*, *vibhītaka*, *āmalakī*, *bhṛingarāja*, white and black cumin seeds, coriander seeds, *kuṭaja*, caraway seeds, *lauha bhasma*, *abhraka bhasma*, *karkaṭaśṛīngī*, *kaṭphala*, *mustā*, smaller cardamom, *jātīphala*, *jaṭāmānsī*, cassia leaves, *tāliśapatra*, *nāgakeśara*, *gandhamātraka*, *karcūra*, *madhuyaṣṭī*, clove and red sandalwood. Add to it, dried ginger equivalent to the combined weight of all the powders (i.e. 1288 gm.), jaggery (2575 gm.) and cow milk (10.30 litre). Cook the preparation methodologically.

Method of Use/Administration: Consume this medicine in doses of 6-12 gm. along with cow milk or cool water. This medicine is known as *Saubhāgya Śunṭhī Modaka*.

Therapeutic benefits: This medicine is capable of effectively curing *āmlapitta*, anorexia (*arocaka*), *śūla*, heart problems, vomiting, burning sensation in throat, burning sensation around heart, *śirahśūla* (headache), loss of digestive power, *hṛicchūla*, *pārśava śūla*, *kukṣi śūla*, *basti śūla*, pain in *guḍapradeśa*, *āmla pitta*, *mūtrakṛicchra*, fever and *bhrama*. Its effectiveness is similar to sun in clearing darkness. It also promotes strength and health. It makes the person more attractive.

शुण्ठीखण्डः–

शुण्ठीचूर्णस्य कुडवं खण्डप्रस्थं समावपेत् । दत्त्वा द्विकुडवं सर्पिः क्षीरप्रस्थद्वये पचेत् ।।१२०।।
लेह्योऽवतारितेदद्याद्धात्रीधान्यकमुस्तकम् । अजाजीपिप्पलीवांशीत्रिजातं कारवी शिवा ।।१२१।।
त्रिशाणं मरिचं नागं षण्माषन्तु पृथक् पृथक् । पलत्रयञ्च मधुनः शीतीभूते प्रदापयेत् ।।१२२।।
ततो मात्रां प्रयुञ्जीत अम्लपित्तनिवृत्तये । शूल-हृद्रोग-वमनैरामवातैश्च पीडितः ।।१२३।।

120-123. Śunṭhi Khanḍa:

Ingredients: Dried ginger, sugar, cow *ghṛitam*, cow milk, *āmalakī*, coriander seeds, *mustā*, white cumin seeds, *pippalī*, *vanśalocana*, cinnamon bark, cardamom, cassia leaves, black cumin seeds, *harītakī*, black pepper, *nāgakeśara* and honey.

Process of Drug-Making: Take powder of dried ginger (175 gm.), sugar (750 gm.), cow *ghṛitam* (375 gm.), cow milk (1500 ml.) and make a *kalka* out of these materials. Add to the preparation, 9 gm. measure powder each of *āmalakī*, coriander seeds, *mustā*, white cumin seeds, *pippalī*, *vanśalocana*, cinnamon bark, cardamom, cassia leaves, black cumin seeds and *harītakī*. Also add to it 6 gm.

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each of powders of black pepper and *nāgakeśara*. When the preparation is cooled add to it honey (140 gm.) and fill it in an earthenware.

Method of use/Administration: Consume this medicine in doses of 3-6 gm.

Therapeutic benefits: This medicine is known as *Śuṇṭhī Khanḍa*. It is a very good medicine for alleviating *śūla*, heart problems, vomiting and *āmavāta* disorders.

पिप्पलीखण्डः–

कणाचूर्णस्य कुडवं षट्फलं हविषस्तथा । शतावरीरसस्याष्टौ पलान्यत्र प्रदापयेत् ।।१२४।।
खण्डप्रस्थं समादाय क्षीरप्रस्थद्वये पचेत् । त्रिजातमुस्तधान्याकशुण्ठीवांशीद्विजीरकम् ।।१२५।।
अभयाऽऽमलकञ्चैव चूर्णं द्वादशमाषिकम् । तदर्द्धं मरिचं चूर्णं सारं खादिरमेव च ।।१२६।।
पलत्रयञ्च मधुनः शीतीभूते प्रदापयेत् । ततो मात्रां प्रयुञ्जीत अम्लपित्तनिवृत्तये ।।१२७।।
शूलारोचकहल्लासच्छर्दिपित्ताम्लशूलनुत् । अग्निसन्दीपनो हृद्यःखण्डपिप्पलिको मतः ।।१२८।।

124-128. Pippalī Khanḍa:

Ingredients: Powder of *pippalī*, cow *ghṛitam*, juice of *śatāvarī*, sugar, cow milk, cinnamon bark, cardamom, cassia leaves, *mustā*, coriander seeds, dried ginger, *vanśalocana*, white and black cumin seeds, *harītakī*, *āmalakī*, black pepper, *khadirasāra* and honey.

Process of Drug-Making: Cook the following materials together: powder of *pippalī* (187 gm.), cow *ghṛitam* (280 gm.), juice of *śatāvarī* (375 ml.), sugar (750 gm.) and cow milk (1500 ml.). When the preparation is half cooked, add to it 12 gm. each of cinnamon bark, cardamom, cassia leaves, *mustā*, coriander seeds, dried ginger, *vanśalocana*, white and black cumin seeds, *harītakī* and *āmalakī* (all in powdered form). Sprinkle black pepper and *khadirasāra* measuring 6 gm. each. Stir the preparation properly and let it cool down. Add honey (140 gm.) to the cooled preparation. This medicine is known as *Pippalī Khanḍa*.

Dosage: 3-6 gm.

Therapeutic benefits: It is very helpful in checking *śūla*, anorexia, *hṛallās*, vomiting and *āmlapitta* generated *śūla*. It also promotes digestive powers and is very good for heart.

पिप्पलीखण्डः–

पिप्पल्याः कुडवं चूर्णं घृतस्य कुडवद्वयम् । पलषोडशिकं खण्डाद्रसे वर्य्याः पलाष्टके ।।१२९।।
पलषोडशिके चैव आमलक्या रसस्य च । क्षीरप्रस्थद्वये साध्यं लेहीभूते ततः क्षिपेत् ।।१३०।।
त्रिजातकाभयाजाजीधन्याकं मुस्तकं शुभा । धात्री चकार्षिकंचूर्णंकर्षार्द्धञ्चापि जीरकम् ।।१३१।।

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कुष्ठनागरकं नागं सिद्धशीतेऽवचूर्णितम् । जातीफलं समरिचं मधुनश्च पलत्रयम् ।।१३२।।
उपयुञ्ज्यात्ततो धीमानम्लपित्तनिवृत्तये । हृल्लसारोचकच्छर्दिश्वासकासक्षयापहम् ।।१३३।।
अग्निसन्दीपनं हृद्यं पिप्पलीखण्डसंज्ञितम् ।।१३४।।

129-134. Pippalī Khanḍa (Second Recipe):

Ingredients: *Pippalī* powder, *ghṛitam*, sugar, juice of *śatāvarī*, juice of *siva* (*āmalakī*), *ghṛitam*, *tvak*, *elā*, *patra*, *abhyā*, *ajājī*, *dhānyaka*, *mustā*, *āmalakī*, *tugakṣīrī*, *kṛiṣṇa jīraka*, *kuṣṭha*, *śunṭhī*, *nāga keśara*, *jātīphala*, *marica* and honey.

Process of Drug-Making: Get 187 gm. of *pippalī* powder, 375 gm. of *ghṛitam*, 750 gm. of sugar, 375 ml. of the juice of *śatāvarī*, 375 ml. of the juice of *āmalakī* and 375 gm. of *ghṛitam*. Cook these ingredients together till it becomes a confection. Add to this, 12 gm. each of the powders of *tvak*, *elā*, *patra*, *abhyā*, *ajājī*, *dhānyaka*, *mustā*, *āmalakī* and *tugakṣīrī*, and 6 gm. of the powders of each of *kṛiṣṇa jīraka*, *kuṣṭha*, *śunṭhī*, *nāga keśara*. Also take 140 gm. each of *jātīphala* and *marica*. Mix the preparation well while cooking. When the recipe becomes cool, add to it 140 gm. of honey and again mix it well. Keep the recipe in a *ghṛitam* smeared jar.

Method of use/Administration: Depending upon the strength of the patient, this recipe should be administered in appropriate dose in the morning.

Therapeutic benefits: This recipe cures *āmla pitta*, nausea, anorexia, vomiting, morbid thirst, burning sensation, colic paint and heart diseases. This is a cardiac *rasāyaṇa* and it rejuvenates the individual.

(*Yoga Ratnāvalī*)

खण्डकूष्माण्डकोऽवलेहः–

कूष्माण्डकरसो ग्राह्यः पलानांशतमात्रकम् । रसतुल्यं गवां क्षीरं धात्रीचूर्णं पलाष्टकम् ।।१३५।।
धात्रीतुल्यासितायोज्यागव्यमाज्यंपलद्वयम् । मन्दाग्निनापचेत्सर्वंयावद् भवति पिण्डितम् ।।१३६।।
पलार्द्धं पलमेकं वा प्रत्यहं भक्षयेदिदम् । खण्डकूष्माण्डकं ख्यातमम्लपित्तापहं परम् ।।१३७।।

135-137. Khanḍa Kūṣmāṇḍaka Avaleha:

Ingredients: Juice of *kuṣmānḍa*, cow's milk, *āmalakī*, sugar and cow's *ghṛitam*.

Process of Drug-Making: Get 5 litre of the juice of *kuṣmānḍa*, 5 litre of cow's milk and 375 gm. of the powder of *āmalakī* and cook them together till it becomes semisolid (*pinḍa*). Add to this, 375 gm. of sugar and 93 gm. of cow's *ghṛitam* and mix it well.

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Method of use/Administration: Consume this medicine in doses of 25-50 gm.

Therapeutic benefits: This recipe called *Khanḍa Kūṣmāṇḍaka Avaleha* is excellent for curing *āmla pitta*.

(*Bhāvaprakāśa*)

जीरकाद्यं घृतम् (च. द.)–

पिष्ट्वाऽजाजीं सधन्याकां घृतप्रस्थं विपाचयेत् । कफपित्तारुचिहरं मन्दानलवमिं जयेत ।।१३८।।

138. Jīrakādya Ghṛitam:

Ingredients: White cumin seeds, coriander seeds, *mūrcchita* cow *ghṛitam* and water.

Process of Drug-Making: Prepare *kalka* of the following: white cumin seeds and coriander seeds (93 gm. each). Mix this *kalka* in *mūrcchita* cow *ghṛitam* (750 ml.) and water (3 litres). Cook the preparation and obtain medicinal oil out of it.

Dosage: 6-12 gm. along with warm milk or water.

Therapeutic benefits: The oil thus obtained is very helpful in alleviating disorders of *kapha* and *pitta* as well as *āmlapitta*, anorexia, loss of digestive powers and vomiting.

(Cakradatt)

शतावरीघृतम्–

शतावरीमूलकल्कं घृतप्रस्थं पयः समम् । पचेन्मृद्वग्निना सम्यक् क्षीरं दत्त्वा चतुर्गुणम् ।।१३९।।
नाशयेदम्लपित्तञ्च वातपित्तोद्भवान् गदान् । रक्तपित्तं तृषां मूर्च्छां श्वासं सन्तापमेव च ।।१४०।।

139-140. Śatāvarī Ghṛitam:

Ingredients: *Mūrcchita* cow *ghṛitam*, roots of *śatāvarī*, juice and water.

Process of Drug-Making: Cook *mūrcchita* cow *ghṛitam* (750 ml.) adding the *kalka* of the roots of *śatāvarī* (187 gm.) and its juice (750 ml.) along with 3 litre of water and 3 litre of milk. Cook the preparation on over mild fire.

Dosage: 6-12 gm. along with warm milk or water.

Therapeutic benefits: This medicinal *ghṛitam* cures *āmla pitta*, diseases caused by *vāta* and *pitta*, *rakta pitta* (a disease characterized by bleeding from different parts of the body), morbid thirst, fainting, asthma and burning sensation.

(Cakradatt)

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नारायणघृतम्–

जलैर्दशगुणैःक्वाथ्यं पिप्पलीपलषोडश । पादशेषं हरेत् क्वाथं क्वाथतुल्यं घृतं पचेत् ।।१४१।।
रसप्रस्थंगुडूच्याश्चधात्र्याः षष्टिपलं रसम् । द्राक्षा धात्री पटोलञ्च विश्वं च कटुका वचा ।।१४२।।
पलप्रमाणकल्कञ्च दत्त्वा सर्पिः समुद्धरेत् । अम्लपित्तहरं खादेद् दाहच्छर्दिनिवारणम् ।।
असाध्यं साधयेत्सद्यो नाम्ना नारायणं घृतम् ।।१४३।।

141-143. Nārāyaṇa Ghṛitam:

Ingredients: *Pippalī*, water, *mūrcchita* cow *ghṛitam*, juice of *guḍūcī*, juice or decoction of *āmalakī*, raisins, *āmalakī*, *paṭola* leaves, dried ginger, *kaṭukī* and *vacā*.

Process of Drug-Making: Take *pippalī* (750 gm.) and water (750 ml.). Prepare their decoction. Decoct the same till the original quantity is reduced to one fourth. Add to it- *mūrcchita* cow *ghṛitam* (1875 gm.), juice of *guḍūcī* (750 ml.) and juice or decoction of *āmalakī* (3 litres). Also prepare *kalka* of-raisins, *āmalakī*, *paṭola* leaves, dried ginger, *kaṭukī* and *vacā* (each measuring 46 gm.). Combine all the materials and cook methodologically to obtain medicinal oil.

Dosage: 6-12 gm. along with warm milk or water.

Therapeutic benefits: Use this oil to get relief from *āmlapitta*, burning sensation, vomiting and severe incurable cases of *āmlapitta* and the like.

द्राक्षाद्यघृतम्–

द्राक्षाऽमृताशक्रपटोलपत्रैः सोशीरधात्रीघनचन्दनैश्च ।
त्रायन्तिकापद्मकिरातधान्यैः कल्कैः पचेत्सपिरुपेतमेभिः ।।१४४।।
युञ्जीत मात्रां सह भोजनेन सर्वत्रपानेऽपि भिषग्विदध्यात् ।
बलासपित्तग्रहणीं प्रवृद्धां कासाग्निसादज्वरमम्लपित्तम् ।।१४५।।
सर्वं निहन्याद् घृतमेतदाशु सम्यक् प्रयुक्त ह्यमृतोपमञ्च ।।१४६।।

144-146. Drākṣādya Ghṛitam:

Ingredients: *Mūrcchita ghṛitam*, *drākṣā*, *amṛitā*, *indrayava*, leaves of *paṭola*, *uśīra*, *āmalakī*, *mustā*, *candana*, *trāyantikā*, *padmaka*, *kirātatikta* and *dhānyaka*.

Process of Drug-Making: *Mūrcchita ghṛitam* (1 kg.) should be cooked along with the *kalka* of *drākṣā*, *amṛitā*, *indrayava*, leaves of *paṭola*, *uśīra*, *āmalakī*, *mustā*, *candana*, *trāyantikā*, *padmaka*, *kirātatikta* and *dhānyaka* (20 gm. each).

Dosage: 6-12 gm. along with food or as a drink.

Therapeutic benefits: It cures aggravated *kapha* and *pitta*, serious type of *grahaṇī* (sprue syndrome), coughs, suppression of the power of digestion, fever

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and *āmla pitta* in all their varieties. If appropriately administered, this medicated *ghṛitam* works instantaneously like the ambrosia.

(Cakradatt)

पिप्पलीघृतम् (च. द.)–

पिप्पलीक्वाथकल्केन घृतं सिद्धं मधुप्लुतम् । पिबेच्च प्रातरुत्थाय अम्लपित्तनिवृत्तये ।।१४७।।

147.Pippalī Ghṛitam:

Ingredients: *Pippalī*, dried ginger, *mūrcchita* cow *ghṛitam* and water.

Process of Drug-Making: Take decoction (4 litres) of *pippalī* and also prepare a *kalka* out of *pippalī* powder (250 gm.). Cook it together with 1 litre of *mūrcchita* cow *ghṛitam* and 4 litre of water. Thus obtain medicated *ghṛitam*.

Dosage: 6-12 gm. along with warm milk or water.

Therapeutic benefits: It cures *āmla pitta*.

(Cakradatt)

पटोलशुण्ठीघृतम् (च. द.)–

पटोलशुण्ठ्याः कल्काभ्यां केवलं कुलकेनवा । घृतप्रस्थं विपक्तव्यं कफरोगहरं परम् ।।१४८।।

148. Paṭola Śuṇṭhī Ghṛitam:

Ingredients: *Mūrcchita ghṛitam*, *paṭola*, *śuṇṭhī* or *kulaka*.

Process of Drug-Making: 1 kg. of *mūrcchita ghṛitam* should be cooked along with the *kalka* (125 gm.) of either *paṭola* and *śuṇṭhī* or *paṭola* (250 gm.) alone.

Dosage: 6-12 gm. along with warm milk or water.

Therapeutic benefits: Intake of this medicated *ghṛitam* cures *āmla pitta* caused by the predominance of *kapha* and *pitta*.

(Cakradatt)

श्रीबिल्वतैलम्–

बालविल्वं पलशतं जलद्रोणे विपाचयेत् । पादावशेषे तस्मिंस्तु तैलप्रस्थं विपाचयेत् ।।१४९।।
धात्रीरसंतैलसमंद्विगुणंछागजंपयः । कल्कीकृत्य पचेद्धीमान् धात्रीं लाक्षां तथाऽभयाम् ।।१५०।।
मुस्तकं चन्दनोदीच्यं सरलं देवदारु च । मञ्जिष्ठां चन्दनं कुष्ठमेलां तगरपादिकम् ।।१५१।।
मांसीं शैलेयकं पत्रं प्रियङ्गुं शारिवां वचाम् । शतावरीमश्वगन्धां शतपुष्पां पुनर्नवाम् ।।१५२।।

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तत्सिद्ध स्थापयेत्कुम्भे मासमेकं सुरक्षिते । बिल्वतैलमिदं श्रेष्ठमम्लपित्तकुलान्तकृत् ।।१५३।।
शूलमष्टविध हन्ति साध्यासाध्यं न संशयः । सूतिकारोगशमनं गर्भदं शुक्रवर्द्धनम् ।।१५४।।
हस्तपादशिरोदाहं दौर्बल्यं कृशता तथा । ग्रहणीगुल्महिक्वाऽऽत्तिरक्तपित्तज्वरं जयेत् ।।१५५।।

149-155. Śrībilva Tailam:

Ingredients: Seed pulp of unripe *bilva* fruit, water, *mūrcchita* sesame oil, juice or decoction of *āmalakī*, goat's milk, *āmalakī*, *lākṣā*, *haraḍa*, *mustā*, *rakta candana*, *gandhabālā*, *sarala kāṣṭha*, *devadāru*, *manjiṣṭhā*, *candana*, *kuṣṭha*, smaller cardamom, *tagara*, *jaṭāmānsī*, *śaileyaka*, cassia leaves, *priyangu*, *anantamūla*, *vacā*, *śatāvara*, *aśvagandhā*, aniseeds and *punarnavā*.

Process of Drug-Making: Obtain 5 kg. of seed pulp of unripe *bilva* fruit and water measuring 13 litre. Decoct them together till one fourth of the mix remains. Add to it 750 ml. each of *mūrcchita* sesame oil and juice or decoction of *āmalakī* (*dhātrī*), 1500 ml. of goat's milk and *kalka* of *āmalakī*, *lākṣā*, *haraḍa*, *mustā*, *rakta candana*, *gandhabālā*, *sarala kāṣṭha*, *devadāru*, *manjiṣṭhā*, *candana*, *kuṣṭha*, smaller cardamom, *tagara*, *jaṭāmānsī*, *śaileyaka*, cassia leaves, *priyangu*, *anantamūla*, *vacā*, *śatāvara*, *aśvagandhā*, aniseeds and *punarnavā* (35 gm. each). Cook all the ingredients together and obtain the medicated oil. Store the same in a bottle and keep it undisturbed for one month.

Method of use/Administration: Use this medicine in massaging as well as in *nasya* (inhalation) therapy.

Therapeutic benefits: It helps in checking *āmla pitta*, eight types of colic pain, diseases related to delivery, burning sensation of hands, feet and head, mental weakness, leanness, *sangrahaṇī*, *gulma*, hiccups, *rakta pitta* and fever.

अम्लपित्ते पथ्यापथ्यानि–

ऊर्ध्वगे वमनं पूर्वमधोगे तु विरेचनम् । सर्वत्र शस्यते पश्चान्निरूहश्चापि शालयः ।।१५६।।
यवगोधूममुद्गाश्च पुराणा जाङ्गला रसाः । जलानि तप्तशीतानि शर्करामधुशक्तबः ।।१५७।।
कर्कोटकं कारवेल्लं पटोलंहिलमोचिका । वेत्राग्रं वृद्धकूष्माण्डं रम्भापुष्पञ्च वास्तुकम् ।।१५८।।
कपित्थं दाडिमं धात्री तिक्तानि सकलानि च । पानान्नानि समस्तानि कफपित्तहराणि च ।
अम्लपित्तामये नित्यं सेवितव्यानि मानवैः ।।१५९।।

156-159. In cases of *udharva āmlapitta* where *śleṣma* has high concentration one should try *vamana* therapy. Similarly, in cases of *adhogata āmlapitta* where *pitta* has high concentration one should go with *virecana* therapy. After carrying out either of these therapies one should administer the *basti* therapy. Apart from the above measures, one can include the following edibles in their diet: rice of old

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śāli variety, *yava*, wheat, *mudga*, meat and meat soups of wild animals and birds, cool boiled water, sugar, honey, *saktu*, *karkoṭa*, *kārvellaka*, *paṭola* leaves, *hilmocika*, *vetāgra*, well ripened fruit of *kuṣmāṇḍa*, flowers of banana tree, *vāstuka*, *kapittha*, pomegranate, *āmalakī* and all *tikt* juices and edibles. One should also drink liquids which are anti-*kapha* and anti-*pitta*.

नवान्नानि विरुद्धानि पित्तकोपकराणि च । वमिवेगं तिलान्माषं कुलत्थांस्तैलभक्षणम् ।।१६०।।
अविदुग्धञ्च धान्याम्लं लवणाम्लकटूनि च । गुर्वन्नं दधि मद्यञ्च वर्जयेदम्लपित्तवान् ।।१६१।।

160-161. The following are strictly prohibited for a patient of *āmlapitta*: fresh paddy, *virudhaśan*, *pitta* increasing meals, obstructing the flow of vomiting, sesame, *uradi*, *kulattha*, food fried in oil, milk of sheep, *kānji*, salt, *āmla* and *kaṭu* juices, *guru* products, curd and liquor.

इति भैषज्यरत्नावल्यामम्लपित्तचिकित्साप्रकरणम् ।।५६।।
इति भैषज्यरत्नावल्यां 'विद्योतिनी' नामिकायां भाषाटीकायामम्लपित्तचिकित्साप्रकरणम् ।।५६।।

End of the Chapter 56 of Bhaiṣajya Ratnāvalī with Commentary

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अथ विसर्पचिकित्साप्रकरणम् ५७

Chapter 57
Visarpa

विसर्पे क्रियाक्रमः–

विरेकवमनालेपसेचनासृग्विमोक्षणैः । उपाचरेद् यथादोषं विसर्पमविदाहिभिः ।।१।।

1. Elimination Therapies: Depending upon the nature of the *doṣas* involved in the manifestation of *visarpa*, the patient should be given *virecana* (purgation) therapy, *vamana* (emetic) therapy, *lepana* (application of ointments), *secana* (sprinkling of medicated liquids) and blood-letting therapy, care should, however, be taken not to include any *vidāhī* (which cause burning sensation) ingredient s in these therapies.

(Cakradatt)

विरेचनम् (च. द.)–

त्रिफलारससंयुक्तं सपिस्त्रिवृतया सह । प्रयोक्तव्यं विरेकार्थं विसर्पज्वरशान्तये ।।
रसमामलकीनां वा घृतमिश्रं प्रदापयेत् ।।२।।

2. Recipe for *virecana* (purgation): *Ghṛitam* cooked along with the juice or decoction of *harītakī*, *vibhītaka*, *āmalakī* and *tṛivṛit* should be administered for *virecana* (purgation) which cures *visarpa* and fever. The juice of *āmalakī* mixed with *ghṛitam* should alternatively be given in this condition.

(Cakradatt)

वमनप्रयोगः (च. द.)–

पटोलपिचुभर्दाभ्यां पिप्पल्या मदनेन च । विसर्पे वमनं शस्तं तथैवेन्द्रयवैः सह ।।३।।

3. Recipe for Emesis: The recipe for emesis consisting of *paṭola*, *picumarda*, *pippalī*, *madana* and *indrayava* is useful for *visarpa*.

(Cakradatt)

विसर्पहरा योगाः (च. द.)–

मुस्तारिष्टपटोलानां क्वाथः सर्वविसर्पनुत् । धात्रीपटोलनिम्बानामथवा घृतसंप्लुतः ।।४।।

4. Prepare decoction of *mustā*, bark of *neem* and leaves of *paṭola*. Drink the decoction along with *ghṛitam*. Also drink decoction made up of *āmalakī*, leaves of

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paṭola and bark of *neem*, adding some *ghṛitam* to it. The decoctions have the capacity to cure all types of *visarpa* disorder except *tṛidoṣaja*.

(Cakradatt)

वातजविसर्पचिकित्सा (च. द.)–

तृणवर्जं प्रयोक्तव्यं पञ्चमूलचतुष्टयम् । प्रदेहसेक-सपिभिर्विसर्पे वातसम्भवे ।।५।।

5. Recipes of *Vātika Visarpa*: In *vātika* type of *visarpa*, drugs belonging to *tṛiṇa pañcamūla*, *laghu pañcamūla*, *vallī pañcamūla* and *kanṭakī pañcamūla* should be used for *pradeha* (external application in *kalka* form), *śeka* (sprinkling over the affected part in decoction form) and for the preparation of medicated *ghṛitam*.

(Cakradatt)

कुष्ठं शताह्वा सुरदारु मुस्ता–वाराहिकुस्तुम्बुरुकृष्णगन्धाः ।
वातेऽर्कवंशार्त्तगलाश्च योज्याः–सेकेषु लेपेषु तथा घृतेषु ।।६।। च. द.

6. For the treatment of *vātika* type of *visarpa*, *kuṣṭha*, *śatāhvā*, *devadāru*, *mustā*, *vārāhī kanda*, *dhānyaka*, *kṛiṣṇa gandha*, *arka*, *vamsa* and *ārtagalā* should be used for *svedana* (fomentation), *lepa* (external use in the form of *kalka*) and the preparation of medicated *ghṛitam*.

(Cakradatt)

रास्ना नीलोत्पलं दारु चन्दनं मधुकं बला । घृतक्षीरयुतोलेपो वातवीसर्पनाशनः ।।७।। भा. प्र.

7. Take equal parts of *rāsnā*, *nīlakamal*, *devadāru*, red sandalwood, *madhuyaṣṭī* and root of *balā*. Powder these materials and add *ghṛitam* and milk to it to form a paste. Apply this compound as poultice and a drink to get relief from *vāta* generated *visarpa* disorders.

(*Bhāvaprakāśa*)

पित्तजविसर्पचिकित्सा (च. द.)–

प्रपौण्डरीकमञ्जिष्ठापद्मकोशीरचन्दनैः । सयष्टीन्दीवरैः पित्ते क्षीरपिष्टैः प्रलेपयेत् ।।८।।

8. Recipes for paittika visarpa:

Prapaunḍarīka, *manjiṣṭhā*, *padmaka*, *uśīra*, *candana*, *madhu yaṣṭi* and *indīvara* should be made to a *kalka* by triturating them along with milk. External application of this *kalka* is useful in *paittika* type of *visarpa*.

(Cakradatt)

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कशेरुशृङ्गाटकपद्मगुन्द्राः सशैवलाः सोत्पलकर्दमाश्च ।
वस्त्रांतराः पित्तकृतेविसर्पलेपाविधेयाःसघृताः सुशीताः* ।।९।।

9. *Kaṣeruka*, *śṛīngāṭaka*, *padma*, *gundra*, *śaivāla* (algae of the water), *utpala* and mud from a pond should be made to a *kalka* and smeared over a cloth. The *kalka*-smeared cloth should be made cool and smeared with *ghṛitam*. Application of this cloth over the patches of *paittika visarpa* is useful.

(Cakradatt)

पित्ते तु पद्मिनीपङ्कं पिष्टं वा शङ्खशैवलम् । गुन्द्रामूलन्तु शुक्तिर्वा गैरिकं वा घृतान्वितम् ।।१०।।

10. Obtain 1. wet earth around the roots of lotus (*padminī*) or 2. *śankha* and *śaivala* 3. root of *gundra* and *seep* and 4. *gairika* along with *ghṛitam*. Form *kalka* of all these materials and coat a piece of cloth with this *kalka*. Tie this cloth on the effected areas of *pitta* generated *visarpa* and get relief from *kanḍu* and burning sensation.

(Cakradatt)

कफजविसर्पचिकित्सा–

मदनं मधुकं निम्बं वत्सकस्य फलानि च । वमनं च विधातव्यं विसर्पे कफसंभवे* ।।११।।

11. *Vamana* (emetic) therapy involving the herbs *madana*, *madhuka*, *nimba* and fruits of *vatsaka* is useful in *kaphaja* type of *visarpa*.

(Cakradatt)

त्रिफलापद्मकोशीरसभङ्गाकरवीरकम् । नलमूलमनन्ता च लेपः श्लेष्मविसर्पहा* ।।१२।।

12. Application of the *kalka* of *harītakī*, *vibhītakī*, *āmalakī*, *padmaka*, *uśīra*, *samangā*, *karavīra*, root of *nāla* and *anantā* cures *kaphaja* type of *visarpa*.

(Cakradatt)

आरग्वधस्य पत्राणि त्वचः श्लेष्मातकोद्भवाः । शिरीषपुष्पंकामाची हिता लेपावचूर्णनैः* ।।१३।।

13. Prepare a *kalka* out of the leaves of *āragvadha*, bark of *śleṣmātaka*, flowers of *śirīṣa* and *kākamācī*. This *kalka* is used for *lepa* (external application in the form of a paste). It is also useful to use powder of these herbs for *avacūrṇana* (dusting in the form of powder).

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त्रिदोषजविसर्पे क्रमः–

त्रिदोषघ्नीं क्रियां कुर्याद्विसर्पे द्वन्द्वसंभवे । रसायनानि कुष्ठेषु सर्पींषि कथनानि च ।।१४।।

14. In cases of *dvandaja* and *tṛidoṣaja visarpa*, one should start the treatment after diagnosing the concentrations of *doṣas*. It means that one should first try to control that *doṣa* which has high concentration. One can also use the *kuṣṭha* decoction, powder, *ghṛitam* and juices, etc. in curing *visarpa* disorder.

चूर्णादीन्यपि सर्वाणि विसर्पेष्वपि तान्यलम् ।।१५।।

15. To treat cases of *visarpa* caused due to disorders of two or all the three *doṣas* should be treated by washing of decoctions of *pañcavṛikṣa* barks (banyan tree, *aśvattha*, *plākṣa*, *udumbara* and *vetasa*). One can also use powder of these barks to prepare a *kalka*. This *kalka* should be applied to the patient. Optionally, one can use decoction or powders of *padmakāṣṭha*, *uśīra*, *madhuka* or red sandalwood.

प्रदेहाः परिषेकाश्च शस्यन्ते पञ्चवल्कलैः । पद्मकोशीरमधुकचन्दनैर्वा प्रशस्यते* ।।१६।।

16. Barks of the *pañca vṛikṣa* (*nyagrodha*, *udumbara*, *aśvattha*, *plākṣa* and *vetasa*) should be made into a *kalka*. Optionally, take *padmaka*, *uśīra*, *madhuka* and *rakta candana* and prepare a *kalka* out of them. Both these *kalka*s should be should be used for *pradeha* (external application in decoction form) in *paittika* type of *visarpa*.

(Cakradatt)

भूनिम्बवासाकटुकापटोलफलत्रिकैश्चन्दननिम्बसिद्धः ।
विसर्पदाहज्वरवक्रशोषविस्फोटतृष्णावमिनुत् कषायः।।१७।।

17. The decoction of *bhūnimba*, *vāsaka*, *kaṭukī*, *paṭola*, *harītakī*, *vibhītakī*, *āmalakī*, *candana* and *nimba* cures *visarpa*, burning syndrome, fever, dryness of mouth, *viśphota* (postural eruptions), morbid thirst and vomiting.

Process of Drug Making: Take equal parts of the above mentioned ingredients and raise 25 gm. of their coarsely powdered mix. Decoct it along with water measuring 400 ml. till it is reduced to one fourth.

(Cakradatt)

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अमृतादिक्वाथः–

अमृतवृषपटोलं मुस्तकं सप्तपर्णं–खदिरमसितवेत्रं निम्बपत्रं हरिद्रे ।
बिविधविषविसर्पान् कुष्ठविस्फोटकण्डूरपनयति मसूरीं शीतपित्तं ज्वरञ्च ।।१८।।

18. Amṛitādi Kvātha:

Ingredients: *Amṛitā*, *aḍuṣā*, *paṭola*, *mustaka*, *saptaparṇa* (bark), *khadira*, black variety of *vetra*, *nimba* (leaves), *haridrā* and *dāruharidrā*.

Process of Drug-Making: Take equal parts of the above mentioned ingredients and raise 25 gm. of their coarsely powdered mix. Decoct it along with water measuring 400 ml. till it is reduced to one fourth.

Method of use/Administration: It should be taken daily.

Therapeutic benefits: It checks poisoning, *visarpa*, *kuṣṭha*, *viśphota*, *kanḍu*, *masūrika*, *śītapitta* and fever.

(Cakradatt)

दशाङ्गो लेपः (च. द.)–

शिरीषयष्टीनतचन्दनैलामांसीहरिद्राद्वयकुष्ठबालैः ।
लेपो दशाङ्गः सघृतः प्रयोज्यो विसर्पकुष्ठज्वरशोथहारी ।।१९।।

19. Daśānga Lepa:

Ingredients: *Śirīṣa*, *yaṣṭimadhu*, *tagara*, *candana*, *elā*, *jaṭāmānsī*, *haridrā*, *dāruharidrā*, *kuṣṭha*, *bālaka* and *ghṛitam*.

Process of Drug-Making: Take equal parts of *śirīṣa*, *yaṣṭimadhu*, *tagara*, *candana*, *elā*, *jaṭāmānsī*, *haridrā*, *dāruharidrā*, *kuṣṭha* and *bālaka*. Compound them into a fine powder and prepare a *kalka* out of them along with *ghṛitam*.

In the above mentioned recipe, five different parts of *śirīṣa*, namely, leaves, flowers, bark, root and fruits should be used.

Therapeutic benefits: Application of this medicine cures *visarpa*, *kuṣṭha* (skin diseases including leprosy), ulcers and edema.

(Cakradatt)

नवकषायगुग्गुलुः (च. द.)–

अमृतबृषपटोलं निम्बकल्कैरुपेतं–त्रिफलखदिरसारं व्याधिघातं च तुल्यम् ।
क्वथितमिदमशेषं गुग्गुलोर्भागयुक्तं–जयति विषविसर्पान् कुष्ठमष्टादशाख्यम् ।।२०।।

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20. Navakāṣāya Guggulu:

Ingredients: *Amṛitā*, *vāsaka*, *paṭola*, *mustā*, *saptaparṇa*, *khadira*, black variety of *vetra*, leaves of *nimba*, *haridrā* and *dāru haridrā*.

Process of Drug-Making: Take equal parts of the above mentioned ingredients and raise 25 gm. of their coarsely powdered mix. Decoct it along with water measuring 400 ml. till it is reduced to one fourth.

Therapeutic benefits: It cures different types of *visarpa* and 18 types of *kuṣṭha* (skin diseases including leprosy).

(Cakradatt)

कुष्ठामयस्फोटमसूरिकोक्त–चिकित्सयाप्याशु हरेद्विसर्पान् ।
सर्वान् विपक्वान् परिशोध्य धीमान् व्रणक्रमेणोपचरेद्यथोक्तम् ।।भा. प्र. २१।।

21. One should consider the treatment of all *visarpa* disorders according to the treatment given to disorders like *kuṣṭha*, *visphoṭaka* and *masūrika*. When the *visarpa* gets to its worst condition, perform the *śodhana* therapy and treat the *vraṇas* according to the method prescribed in relation to the *vraṇaroga*.

(*Bhāvaprakāśa*)

कालाग्निरुद्रो रसः–
सूताभ्रकान्तलौहानां भस्म गन्धकमाक्षिकम् । वन्यककोंटिकाद्रावैस्तुल्यं मर्द्यं दिनावधि ।।२२।।
वन्यककोंटिकाकन्दे क्षिप्त्वा लिप्त्वा मृदा बहिः । भूधराख्येपुटे पश्चाद्दिनैकं तद्विपाचयेत् ।।२३।।
दशमांशं विषं योज्यं गुञ्जामात्रन्तु भक्षयेत् । रसः कालाग्निरुद्रोऽयं दशाहेन बिसर्पनुत् ।।
पिप्पलीमधुसंयुक्तमनुषानं प्रकल्पयेत् ।।२४।।

22-24. Kālāgni Rudra Rasa:

Ingredients: Purified *pārada*, *abhraka bhasma*, *kānta lauha bhasma*, purified *gandhaka*, *svarṇamākṣika bhasma*, juice of wild *karkoṭikā* and purified *vatsanābha viṣa* powder.

Process of Drug-Making: Obtain equal parts of purified *pārada*, *abhraka bhasma*, *kānta lauha bhasma*, purified *gandhaka* and *svarṇamākṣika bhasma*. First of all prepare *kajjalī* out of purified *pārada* and *gandhaka* and mix rest of the materials into it. Triturate the compound along with juice of wild *karkoṭikā* for one whole day. Make a whole in the *kanda* of *karkoṭikā*, fill the compound into it, wrap and close it tightly with a piece of cloth treated with mud. Put the *kanda* in a

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bhūdhar yañtra and cook it for one whole day. When the *yañtra* is cooled, remove out the compound and triturate it. Mix purified *vatsanābha viṣa* powder measuring one tenth of the compound and triturate the same again. Store the compound in a glass bottle.

Method of use/Administration: Consume this medicine daily in doses of 125 mg. along with honey. After consuming the medicine, one should take powder of *pippalī* (500 mg.) along with honey.

Therapeutic benefits: This medicine is known as *Kālāgni Rudra Rasa*. Consuming this medicine regularly for 10 days can cure *visarpa* disorder.

(*Rasendra Sār Sangraha*)

वृषाद्यं घृतम् (च. द.)–

वृषखदिरपटोलपत्रनिम्ब–त्वगमृतामलकीकषायकल्कैः ।
घृतमभिनवमेतदाशु पक्वं–जयति विसर्पगदानसकुष्ठगुल्मान् ।।२५।।

25. Vṛiśādya Ghṛitam:

Ingredients: *Mūrcchita ghṛitam*, decoction and *kalka* of *vāsaka*, *khadira*, leaves of *paṭola*, bark of *nimba*, *amṛitā* and *āmalakī*.

Process of Drug-Making: Freshly collected *mūrcchita ghṛitam* (1 kg.) should be cooked along with the decoction and *kalka* of *vāsaka*, *khadira*, leaves of *paṭola*, bark of *nimba*, *amṛitā* and *āmalakī*. (Coarsely powder 85 gm. each of the herbs and mix them). Obtain 4 kg. of the mix for preparing decoction and separate 250 gm. of the mix for preparing a *kalka*.

Dosage: 6-12 gm.

Therapeutic benefits: This medicated *ghṛitam* cures different types of *visarpa*, *kuṣṭha* (skin diseases including leprosy) and *gulma* (phantom tumour).

(Cakradatt)

करञ्जतैलम् (यो. र.)–

करञ्जसप्तच्छदलाङ्गलीकस्नुह्यर्कदुग्धानलभृङ्गराजैः ।
तैलं निशामूत्रविषैर्विपक्वंविसर्पविस्फोटविचर्चिकाघ्नम् ।।२६।।

26. Karañja Tailam:

Ingredients: *Mūrcchita* oil, *karañja*, *saptaparṇa*, *lāngalī*, latex of *snuhī* and *arka*, *citraka*, *bhṛingarāja*, *haridrā*, cow's urine and *viṣa* (aconite).

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Process of Drug-Making: Methodologically cook *mūrcchita* oil (1 litre) with *karañja*, *saptaparṇa*, *lāngalī*, latex of *snuhī* and *arka*, *citraka*, *bhṛingarāja*, *haridrā*, cow's urine and *viṣa* (aconite) (425 gm. each). (Take 400 gm. each of the herbs mentioned for preparing decoction while rest 25 gm. each of them is to be used for preparing the *kalka*.)

Therapeutic benefits: It cures *visarpa*, *visphoṭa* (postural eruptions) and *vicarcikā* (eczema).

(*Yoga Ratnākar*)

विसर्पे पथ्यापथ्यानि–

विरेको वमनं लेपो लङ्घनं रक्तमोक्षणम् पुराणा यवगोधूम-कङ्गुषष्टिकशालयः ।।२७।।
मुद्गा मसूराश्चणकास्तुवर्यो जाङ्गला रसाः । नवनीतं घृतं द्राक्षा दाडिमं कारवेल्लकम् ।।२८।।
वेत्राग्रं कुलकं धात्री खदिरो नागकेशरम् । लाक्षा शिरीषः कर्पूरं चन्दनं तिललेपनम् ।।२९।।
ह्रीबेरकं मुस्तकञ्च तिक्तानि सकलानि च । यथादोषमिदं पथ्यं सेवितव्यं विसर्पिभिः ।।३०।।

27-30. The following measures and materials are considered to be good, if taken in proper way and in right dosage for patients of *visarpa*: *virecana*, *vamana*, *lepa*, *langhaṇa* (fasting), *rakta mokṣana*, old barley, wheat, *kanguni*, *ṣaṣṭhi* and *śāli* types of paddy, *mudga*, *masūra*, grams (*caṇaka*), *tura*, meat soup of wild animals and birds, butter, *ghṛitam*, raisins, *drākṣā*, *kāravellaka*, *vetāgra*, leaves of *paṭola*, *āmalakī*, *khadira*, *nāgakeśara*, *lākṣa*, *śirīṣa*, camphor, sandalwood, sesame seeds, *sugandhabālā*, *mustā* and pungent edibles. All the above are beneficial in curing *visarpa* disorder.

यदनुद्वेगकृत्कर्म यद्द्रव्यं रक्तशुद्धिकृत् । अन्नपानं च यत्तिक्तं तथा स्यादविदाहकम् ।।३१।।
सेवानीयं प्रयत्नेन तत्सर्वं तु विसर्पिभिः ।।३२।।

31-32. The patients should not get excited and angry, they can be served with blood purifying materials, bitter eatables, the eatables that do not contain hot properties and the like liquids. All these materials should be used in treating a patient of *visarpa*.

व्यायाममह्नि शयनं सुरतं प्रवातं–क्रोधं शुचं वमनवेगमसूयनञ्च ।
शाकं विरुद्धमशनं दधिकूर्च्चिकाञ्च सौवीरमासुतमनेकविधं किलाटम् ।।३३।।
गुर्वन्नपानमखिलं लशुनं कुलत्था–न्माषांस्तिलान् सकलमांसमजाङ्गलञ्च ।
स्वेदं विदाहिलवणाम्लकटूनि मद्यान्यर्कप्रभामपि विसर्पगदी त्यजेत्तु ।।३४।।

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33-34. The following measures and edibles are strictly prohibited for the patients of *visarpa*: exercising, sleeping during day time, intercourse, sitting or roaming in easterly winds or winds from any side, anger, grief, holding the urge to vomit, having jealous feeling on success of others, leafy vegetables, *viruddhāśan*, curd, *kurcika*, *sauvīra* (*kānji*), *āsav-ariṣṭa*, *kilāṭa*, heavy to digest eatables and liquids, garlic, *kulattha*, *urada*, sesame, meat other than those of the wild animals', *svedana* therapy, *vidāhī dravya*, salt, bitter and sour edibles, liquor and exposure to the bright sunlight.

इति भैषज्यरत्नावल्यां विसर्पचिकित्साप्रकरणम् ।।५७।।

इति भैषज्यरत्नावल्यां 'विद्योतिनी' नामिकायां भाषाटीकायां विसर्पचिकित्साप्रकरणम् ।।५७।।

End of the Chapter 57 of Bhaiṣajya Ratnāvalī with Commentary

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अथ विस्फोटचिकित्साप्रकरणम् ५८

Chapter 58
Visphoṭa

विस्फोटे क्रिया–

विस्फोटे लङ्घनं कार्यं वमनं पथ्यभोजनम् । यथादोषबलं वीक्ष्य युक्तमुक्तं विरेचनम् ।।१।।

1. The patient suffering from *visphoṭa*, in the beginning should be treated through fasting (*langhaṇa*) and emetic (*vamana*) therapies. He should be kept on a wholesome diet. After ascertaining the strength of morbid *doṣas*, he should appropriately be given *virecana* (purgation) therapy.

(*Bhāvaprakāśa*)

जीर्णशालियवा मुद्गा मसूराश्चाढकी तथा । एतान्यन्नानि विस्फोटे हितानि मुनयोऽब्रुवन् ।।२।।

2. Sages have considered the following to be beneficial for the patients of *visphoṭaka*: rice of old *śāli* variety, *yava*, *mudga*, *masūra* and pulse of *āḍhakī*.

(*Bhāvaprakāśa*)

पटोलामृतभूनिम्बवासकारिष्टपर्पटैः । खदिराब्दयुतैः क्वाथो विस्फोटार्त्तिज्वरापहः ।।३।।

3. Intake of the decoction of *paṭola*, *guḍūcī*, *bhūnimba vāsaka*, *ariṣṭa* (*nimba*), *parpaṭa*, *khadira* and *mustā* is useful for the alleviation of fever caused by *visphoṭaka*.

Process of Drug Making: Take equal parts of the above mentioned ingredients and raise 25 gm. of their coarsely powdered mix. Decoct it along with water measuring 400 ml. till it is reduced to one fourth.

(Cakradatt)

पटोलत्रिफलाऽरिष्टगुडूचीमुस्तचन्दनम् । समूर्वा रोहिणी पाठा रजनी सदुरालभा ।।४।।
कषायं पाययेदेतत् पित्तश्लेष्मज्वरापहम् । कण्डूत्वग्दोषविस्फोटविषवीसर्पनाशनम् ।।५।।

4-5. Drinking decoction of leaves of *paṭola*, *triphalā*, bark of *neem*, *guḍūcī*, *mustā*, red sandalwood, root of *mūrvā*, *kaṭukī*, root of *pāṭala*, *haridrā* and *yavāsā* is considered to cure diseases like *pitta śleṣma*, fever, *khaja*, skin problems, *visphoṭaka* and *visarpa* caused due to poisoning.

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Process of Drug Making: Take equal parts of the above mentioned ingredients and raise 25 gm. of their coarsely powdered mix. Decoct it along with water measuring 400 ml. till it is reduced to one fourth.

(Cakradatt)

पञ्चमूल्यादिक्वाथदयः (भा. प्र.)–

द्वे पञ्चमूल्यौ रास्ना च दार्व्युशीरं दुरालभा । गुडूची धान्यकं मुस्तमेषां क्वाथ पिबेन्नरः ।।
विस्फोटान् नाशयत्याशु समीरणनिमित्तजान् ।।६।।

6. Prepare decoction of smaller and bigger varieties of *pañcamūla*, *rāsnā*, *dāru haridrā*, *uśīra*, *durālabhā* (*yavāsā*), *guḍūcī*, coriander seeds and *mustā*. Drinking this decoction regularly is beneficial in curing *vāta* concentrated *visphoṭaka* disorder.

Process of Drug Making: Take equal parts of the above mentioned ingredients and raise 25 gm. of their coarsely powdered mix. Decoct it along with water measuring 400 ml. till it is reduced to one fourth.

(*Bhāvaprakāśa*)

द्राक्षाकाश्मर्यखर्जूरपटोलारिष्टवासकैः । कटुकालाजदुःस्पर्शैः सितायुक्तं तु पैत्तिके ।।७।।

7. Prepare decoction of raisins, bark and fruit of *gambhārī*, *pinḍakharjūra*, *paṭola* leaves, bark of *nimba*, root of *aḍuṣā*, *kaṭukī*, *lājā* and *yavāsā*. Add raw sugar to it and drink the same. This would give relief from *pitta* generated *visphoṭaka*.

Process of Drug Making: Take equal parts of the above mentioned ingredients and raise 25 gm. of their coarsely powdered mix. Decoct it along with water measuring 400 ml. till it is reduced to one fourth.

(*Bhāvaprakāśa*)

भूनिम्बसवचावासात्रिलेन्द्रजवत्सकैः । पिचुमर्दपटोलाभ्यां कफजे मधुयुक् शृतम् ।।८।।

8. Prepare decoction of *citraka*, *vacā*, *vāsa*, *haraḍa*, *vibhītaka*, *āmalakī*, *indrayava*, bark of *kuṭaja*, bark of *nimba* and leaves of *paṭola*. Add honey to the decoction and drink it. This would give relief from *kapha* generated *visphoṭaka*.

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Process of Drug Making: Take equal parts of the above mentioned ingredients and raise 25 gm. of their coarsely powdered mix. Decoct it along with water measuring 400 ml. till it is reduced to one fourth.

(*Bhāvaprakāśa*)

किराततिक्तकारिष्टयष्ट्याह्वाम्बुदवासकैः । पटोलपर्पटोशीरत्रिफलाकौटजान्वितैः ।।९।।
क्वथितैर्द्वादशाङ्गन्तु सर्वविस्फोटनाशनम् ।।१०।।

9-10. Dvādaśānga Kvātha:

Ingredients: *Kirātatikta*, *ariṣṭa* (*nimba*), *yaṣṭimadhu*, *ambuda* (*mustā*), *vāsaka*, *paṭola*, *parpaṭa*, *uśīra*, *harītakī*, *vibhītakī*, *āmalakī* and *indrayava*.

Process of Drug-Making: Take equal parts of the above mentioned ingredients and raise 25 gm. of their coarsely powdered mix. Decoct it along with water measuring 400 ml. till it is reduced to one fourth.

Therapeutic benefits: *Dvādasānga Kvātha* cures all types of *visphoṭa*.

(*Bhāvaprakāśa*)

विस्फोटे लेपाः–

विस्फोटव्याधिनाशाय तण्डुलाम्बुप्रपेषितैः । बीजैः कुटजवृक्षस्य लेपः कार्यो विजानता ।।११।।

11. To cure *visphoṭaka* disorder one can apply *kalka* formed by pulverizing *indrayava* along with *taṇḍulodaka*.

(*Bhāvaprakāśa*)

चन्दनं नागपुष्पञ्च शारिवा तण्डुलीयकम् । शिरीषवल्कलं जाती लेपः स्याद्दाहनाशनः ।।१२।।

12. Take red sandalwood, *nāga keśara*, *campaka* flowers, *anantamūla*, root of *taṇḍulīya*, bark of *śirīṣa* and jasmine leaves. Pulverize all these materials together and apply the poultice on the parts effected by burning sensation caused due to *visphoṭaka*.

(*Bhāvaprakāśa*)

उत्पलं चन्दनं लोध्रमुशीरं सारिवाद्वयम् । जलपिष्टेन लेपेन स्फोटदाहार्त्तिनाशनम् ।।१३।।

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13. Pulverize the following together: *nīlakamal*, red sandalwood, *lodhra*, *uśīra*, white *śārivā* and *kṛiṣṇa śārivā*. This *kalka* also alleviates the burning sensation caused by *visphoṭaka*.

(*Bhāvaprakāśa*)

पुत्रजीवस्य मज्जानंजले पिष्ट्वा प्रलेपयेत् । कालस्फोटञ्च विस्फोटं सद्यो हन्ति सवेदनम् ।।१४।।
कक्षग्रन्थिं गलग्रन्थिं कर्णग्रन्थिं चनाशयेत् । हन्याच्च स्फोटकं ताम्रं पुत्रजीवो न संशयः ।।१५।।

14-15. Prepare *kalka* out of seed-pulp of *putrañjīvā* by triturating it along with water. This *kalka* should be applied externally. It instantaneously cures deadly eruptions, eruptions caused by poisoning and associated with pain. Application of this *kalka* also cures enlarged glands in armpits, neck and near the ears.

(*Bhāvaprakāśa*)

शिरीषोशीरनागाह्वहिंस्रालेपनतो द्रुतम् । विसर्पविषविस्फोटाः प्रशाम्यन्ति न संशयः ।।१६।।

16. Take bark of *śirīṣa*, *uśīra*, roots of *nāga keśara* and *hans*. Churn it along with water and apply the paste as poultice to get relief from *visarpa*, poisonous eruptions or poisonous *śotha* and *visphoṭaka*.

(Cakradatt)

शिरीषमूलादिकवलग्रहः (च. द.)–

शिरीषमूलमञ्जिष्ठाचव्यामलकयष्टिकाः । सजातीपल्लवक्षौद्रा विस्फोटे कवलग्रहाः ।।१७।।

17. Recipe for *Kavala Graha*: Prepare a *kalka* out of the roots of *śirīṣa*, *manjiṣṭhā*, *cavya*, *āmalakī*, *madhuyaṣṭī* and leaves of *jātī* (all taken in equal parts and raised to 50 gm.). Decoct this *kalka* in water measuring 800 ml. till it is reduced to one fourth. Add honey (25 gm.) to 100 ml. of the decoction. Using this as *kavala graha* (gargle) is beneficial in *visphoṭa*.

(Cakradatt)

व्रणारिगुग्गुलुः–

पलं कृष्णा पुरः पञ्च त्रिफला त्रिपलं भवेत् । भस्मसूतपलं चास्य कर्षः सर्वव्रणापहः ।।१८।।

18. *Vraṇāri Guggulu*

Ingredients: *Pippalī*, purified *guggulu*, *harītakī*, *vibhītaka*, *āmalakī* and *rasa sindūra*.

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Process of Drug-Making: Take *pippalī* (50 gm.), purified *guggulu* (250 gm.), *harītakī* (50 gm.), *vibhītaka* (50 gm.), *āmalakī* (50 gm.) and *rasa sindūra* (50 gm.). Mix these materials thoroughly.

Method of use/Administration: Consume this compound in doses of 500 mg.

Therapeutic benefits: It cures all types of the *Vraṇa*.

सूतप्रयोगः (र. सा. सं.)–

गुडूचीनिम्बजक्वाथैः खदिरेन्द्रयवाम्बुना । कर्पूरत्रिसुगन्धिभ्यां युक्तं सूतं द्विवेल्लकम् ।।
विस्फोटं त्वरितं हन्याद् वायुर्जलधरानिव ।।१९।।

19. Prepare a compound of *rasa sindūra* (125-250 mg.), camphor (125 mg.), cinnamon bark, cardamom and cassia leaves each in powdered form and in measure of 500 mg. Take this powder along with decoction (50 ml.) of either *guḍūcī* and *nimba* (barks) or *khadira* (heart wood). It immediately checks the disease *visphoṭa*.

(*Rasendra Sār Sangraha*)

पञ्चतिक्तकघृतम् (च. द.)–

पटोलसप्तच्छदनिम्बवासाफलत्रिकच्छिन्नरुहाविपक्वम् ।
तत्पंचतिक्तं घृतमाशुहन्तित्रिदोषविस्फोटविसर्पकण्डूः ।।२०।।

20. Pañca Tikta Ghṛitam:

Ingredients: *Mūrcchita ghṛitam*, *paṭola*, *saptacchada*, *nimba* (heart wood), *triphalā* and *cinnaruha*.

Process of Drug-Making: This is a *ghṛitam* based formula. Take 1 kg. of *mūrcchita ghṛitam* and 500 gm. each of *paṭola*, *saptacchada*, *nimba* (heart wood), *triphalā* and *cinnaruha*. Prepare a decoction of the ingredients in water measuring 16 litre by reducing it to one fourth. Add to the preparation *kalka* prepared out of the above mentioned ingredients (30 gm. each). Collect the decoction, *kalka* and *ghṛitam* and cook the recipe methodologically to obtain medicinal *ghṛitam*.

Method of use/Administration: Consume it in doses of 6-12 gm. along with warm milk or water.

Therapeutic benefits: It alleviates acute form of *sannipātika visphoṭa*, *visarpa* (erysipelas) and *kaṇḍu* (itches).

(Cakradatt)

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रक्तपित्तहरौषधोपदेशः–

रक्तदोषहरं यद्यद् यद्यत् पित्तप्रणाशनम् । सर्वमात्र प्रयोक्तव्यं विविच्य भिषजा सदा ।।२१।।

21. In cases of *visphoṭa*, if *rakta* and *pitta* are reflecting adverse condition, then one should first treat them with drugs which are beneficial in rectifying *rakta* and *pitta* conditions. One should diligently consider to use these drugs in such cases.

विस्फोटके पथ्यापथ्यानि–

विरेचनं छर्दिविलेपलङ्घनं–पुरातनाः षष्टिकशालयो यवाः ।
मुद्गा मसूराश्चणका मुकुष्ठका–धन्वामिषं गव्यघृतं कठिल्लकम् ।।२२।।
वेत्राग्रमाषाढफलं पटोलकं–ज्योतिष्मतीनिम्बदलानि चन्दनम् ।
तैलं सिताभ्रं तिललेपनं घनं–बालञ्च विस्फोटगदं विनाशयेत् ।।२३।।

22-23. The following measures and materials are considered to be helpful in curing *visphoṭaka* disorder: *virecana*, *vamana*, *lepa*, *langhaṇa* (fasting), old *ṣaṣṭhi* and *śāli* varieties of rice, *yava*, *mudga*, gram, *mustā*, meat of wild animals and birds, cow *ghṛitam*, *kārvellaka*, *vetāgra*, *karkaṭī*, *paṭola* leaves, *jyotiṣmatī*, leaves of *nimba*, sandalwood, oil, camphor and applying coat of sesame seeds, *mustā* and *netrabālā*.

स्वेद व्यवायं व्यायामं क्रोधं गुर्वन्नमातपम् । वमिवेगं पत्रशाकं प्रवातं स्वपनं दिवा ।।२४।।
ग्राम्यौदकानूपमांसं विरुद्धान्यशनानि च । तिलान् माषान् कुलत्थांश्च लवणाम्लकटूनि च ।।२५।।
विदाहि रूक्षमुष्णञ्च विस्फोटी परिवर्जयेत् ।।२६।।

24-26. The following measures are to be avoided: *svedana* (fomentation), intercourse, exercise, getting angry, facing sun, holding the force of vomiting, facing easterly wind or swift winds, sleeping during day time and the like. Similarly, the patient of *visphoṭa* should not take leafy vegetables, sesame seeds, *urada*, *kulattha*, salty, citrus and bitter edibles, *vidāhī*, *rukṣya* and hot meal items.

इति भैषज्यरत्नावल्यां विस्फोटचिकित्साप्रकरणम् ।।५८।।
इति भैषज्यरत्नावल्यां 'विद्योतिनी' नामिकायां भाषाटीकायां विस्फोटचिकित्साप्रकरणम् ।।५८।।

End of the Chapter 58 of Bhaiṣajya Ratnāvalī with Commentary

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अथ मसूरिकाचिकित्साप्रकरणम् ५९

Chapter 59
Masūrikā

चैत्रासितभूतदिनेरक्तपताकाऽन्वितास्नुही भवने । धवलितकलसेन्यस्ता पापरोगं दूरतो धत्ते ।।१।।

1. Take a small red flag and attach it with a branch of plant *snuhī*. Place the flag over a pitcher that is coloured white. See that this is done on fourteenth date of black lunar fortnight of the month *Caitra* (generally March). This measure would prevent the disease *masūrikā* (generally identified with smallpox).

नारीणां वामपार्श्वस्थं नराणामपसव्यगम् । पापरोगभयं दूराच्छिवास्थि विनिवारयेत् ।।२।।

2. One can ward off the disease *masūrikā* by wearing piece of bone obtained from a she-jackal or sporting a rhizome of *haraḍa*. The females should wear either of the materials on left side while the males should wear the same on their right side.

ज्वरे जाते स्पृहेन्नाम्बु तिष्ठेन्निर्वातवेश्मनि । म्रक्षयेद्विजयाचूर्णैर्गात्रं वस्त्रेण बन्धयेत् ।।३।।

3. In cases of *masūrika*, if the patient gets fever, he should not be served with water frequently. For the matter of fact, he should not even touch the water. The patient should be kept in a place where there are swift winds and one should clean the patient's body by rubbing powder of *vijayā* plant. Subsequently, the affected body parts should be tied with clean pieces of cloth.

रुद्राक्षं मरिचैर्युक्तं पीतं पर्युषिताम्भसा । त्र्यहात्पापरुजं हन्ति दृष्टं वारसहस्रशः ।।४।।

4. In *masūrikā* cases, get 500 mg. powders each of *rudrākṣa* and black pepper. Combine both these powders. During morning hours, the patient should take this mix along with water that has been kept overnight as *anupāna*. Taking such medication for thee consecutive days would definitely help in alleviating the *masūrikā* disorder. This is a thousand times experienced measure and it is one of the best medications.

सर्वासां वमनं पथ्यं पटोलारिष्टवत्सकैः । कषायैश्च वचावत्सयष्ट्याह्वफलकल्कितैः ।।५।।

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5. In all types of *masūrika*, *vamana* (emetic) therapy is wholesome. It should be administered with the decoction of *paṭola*, *ariṣṭa* (*nimba*) and *vatsaka* or with the *kalka* of *vacā*, *vatsaka*, *yaṣṭi* and *triphalā*. The patient should take either of the medicine in doses of 500 mg. to 1 gm.

सक्षौद्रं पाययेद् ब्राह्म्या रसं वा हैलमोचिकम् । वान्तस्य रेचनं देयं शमनं चाबले नरे ।।६।।

6. Along with honey, the patient should be given the juice of *brāhmī* or *hilamocika* (*manḍukaparṇī*). After emesis, the patient should be given *virecana* (purgation) therapy. If the patient is weak, then alleviation therapies should be administered.

सुषवीपत्रनिर्यासं हरिद्राचूर्णसंयुतम् । रोमान्तीज्वरविस्फोटमसूरीशान्तये पिबेत् ।।७।।

7. Use of *kāravellaka*: Intake of the juice (50 ml.) of *suṣavī* (*kāravellaka*) leaves, mixed with turmeric powder (1 gm.) cures *romāntikā* (measles), fever, chickenpox and smallpox.

उष्ट्रकण्टकमूलं वाऽप्यनन्तामूलमेव वा । विधिगृहीतं ज्येष्ठाम्बु पीतं हन्ति मसूरिकाम् ।।८।।

8. The disease *masūrikā* is eliminated by taking everyday powder of the roots of plant *uṣṭriakañṭaka* (2 gm.) or powder of *anantamūla* (2 gm.) with rice-washing (*taṇḍulodaka*) (50 ml.).

तद्वच्छगालकण्टकमूलञ्च व्युषिताम्भसा । निशाचिञ्चाच्छदे शीतवारिपीते तथैव च ।।
व्युषिताम्बुना समरिचं पिबेत्पीतकपर्दकम् ।।९।।

9. The following measures can also eliminate the disease:

A. Drinking stale water with root powder (1-2 gm.) of plant *śṛigālakañṭaka*. B. Taking with cold water *kalka* (2-3 gm.) of tamarind leaves. C. Taking stale water with powders (1 gm. each) of black pepper as well as *bhasma* of yellow *varāṭikā*.

यावत् संख्या मसूर्यङ्गे तावद्भिः शेलुजैर्दलैः । छिन्नैरातुरनाम्ना तु गुडी व्येति न वर्द्धते ।।१०।।

10. Count the lentil like eruptions occurring due to *masūrikā* and citing the name of patient in equal number of counts pluck leaves from plant *śailaja*. This measure may eliminate the eruptions or at least it would control occurrence of new eruptions.

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व्युषितं वारि सक्षौद्रं पीतं दाहगुडीहरम् ।।११।।

11. Taking stale water mixed with honey is also a treatment of the disease *masūrika*.

तर्पण वातजायां प्राग् लाजचूर्णैः सशर्करैः । भोजनं तिक्तयूषैश्च प्रतुदानां रसेन वा ।।१२।।

12. Diet: At the onset of the disease caused by *vāta*, the patient should be given *tarpaṇa* (refreshing drink) prepared of the powder of *lājā* (fried paddy) mixed with sugar. He should be given food along with the soup of bitter vegetables and meat of pecker birds.

सौवीरेण तु संपिष्टं मातुलुङ्गस्य केशरम् । प्रलेपात्पाचयत्याशु दाहञ्चाशु नियच्छति ।।१३।।

13. The emergent eruptions of small pox are checked or the burning sensation is controlled by coating the body of patient with *kalka* of seed pulp of *mātulunga* lemon along with *kānji*.

पाददाहं प्रकुरुते पिडका पादसम्भवा । तत्र सेकं प्रशंसन्ति बहुशस्तण्डुलाम्बुना ।।१४।।

14. The burning sensation of the *masūrikā* eruptions on the leg parts is greater, therefore, one should irrigate the concerned portion of the body with *taṇḍulodaka*.

पाककाले तु सर्वास्ता विशोषयति मारुतः । तस्मात्संबृहणं कार्यं न तु पथ्यं विशोषणम् ।।१५।।

15. If the eruptions had become quite mature one should not try to treat the same as they are dried by wind itself. If a drug is administered at this stage it may vitiate the *vāta doṣa*. As a result the poisons of *masūrikā* would circulate inside the body itself. Therefore, it is better to support the *vāta doṣa* of the body. For this purpose, one should take the *rasāyaṇas* and the nutritious meals.

अथ क्वाथा गुडूच्यादयः–

गुडूची मधुकं द्राक्षां मोरठं दाडिमैः सह । पाककाले तु दातव्यं भेषजं गुडसंयुतम् ।।
तेन पाकं व्रजत्याशु न च वायुः प्रकुप्यति ।।१६।।

16. Prepare decoction of *guḍūcī*, *madhuka*, *drākṣā*, *ikṣumūla* and pomegranate seeds. Add jaggery to the preparation. This recipe should be served to the patient of *masūrika*. It helps the eruptions to mature and it also does not vitiate the *vāta*.

निम्बं पर्पटकं पाठां पटोलं कटुरोहिणीम् । वासां दुरालभां धात्रीमुशीरं चन्दनद्वयम् ।।१७।।
एष निम्बादिकः ख्यातः पीतः शर्करयाऽन्वितः । हन्ति त्रिदोषमसूरीं ज्वरवीसर्पसम्भवाम् ।।

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उत्थिता प्रविशेद् या तु पुनस्तां बाह्यतो नयेत् ।।१८।।

17-18. Nimbādi Kvātha:

Ingredients: *Nimba, parpaṭaka, pāṭhā, paṭola, kaṭu rohiṇī, vāsa, durālabhā, āmalakī, uśīra, śveta candana* and *rakta candana.*

Process of Drug-Making: Take equal parts of the above mentioned ingredients and raise 100 gm. of their coarsely powdered mix. Decoct it along with water measuring 400 ml. till it is reduced to one fourth.

Method of use/Administration: Intake this decoction by mixing sugar into it.

Therapeutic benefits: It cures *sannipātika* type of smallpox, fever and erysipelas. If the eruptions enter inside after their appearance, then this decoction brings them out again.

पटोलकुण्डलीमुस्तबृषधन्वयवासकैः । भूनिम्बनिम्बकटुकापपटैश्च शृतं जलम् ।।१९।।
मसूरीं शमयेदामां पक्वां चैव विशोधयेत्।नातःपरतरं किञ्चिद्विस्फोटज्वरशान्तये ।।२०।। च. द.

19-20. Paṭolādi Kvātha:

Ingredients: *Paṭola, guḍūcī, mustā, aḍuṣā, dhānyavāsā, bhūnimba, nimba* (bark), *kaṭukī, parpaṭī* and water.

Process of Drug-Making: Obtain coarse powder of the following herbs: *paṭola, guḍūcī, mustā, aḍuṣā, dhānyavāsā, bhūnimba, nimba* (bark), *kaṭukī* and *parpaṭī*. Raise 25 gm. of their coarsely powdered mix. Decoct it along with water measuring 400 ml. till it is reduced to one fourth.

Therapeutic benefits: This drink helps in diminishing the emergent eruptions and dries up those, which are matured. For the relief of *viśphotaka* fever, there is no other best medicine other than this *Paṭolādi Kvātha.*

(Cakradatt)

अमृतादिकषायं च विसर्पोक्तं प्रयोजयेत् ।।२१।।

21. The medicine *Amṛitādi Kvātha* which has been mentioned in the chapter related to the treatment of *visarpa* can also be used for treating *masūrikā* diseases.

काञ्चनारादिक्वाथः–

काञ्चनारत्वचः क्वाथस्ताप्यचूर्णविचूर्णितः । निर्गत्यान्तः प्रविष्टान्तु मसूरीं बाह्यतो नयेत् ।।२२।।

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22.Kāñcanārādi Kvātha:

Ingredients: *Kañcanāra* barks and *bhasma* of *svarṇamākṣika*.

Process of Drug-Making: Take equal parts of the above mentioned ingredients and raise 50 gm. of their coarsely powdered mix. Decoct it along with water measuring 800 ml. till it is reduced to one eighth.

Method of use/Administration: Take 50 ml. of this decoction treated with 125-250 mg. of *svarṇamākṣika bhasma*.

Therapeutic benefits: Taking this medicine for a few days treats the eruptions of *masūrika*.

ऊषणादिचूर्णम्

ऊषणं पिप्पलीमूलं कुष्ठं वारणपिप्पलीम् । मुस्तकं मधुकं मूर्वां भार्गीं मोचरसं शुभाम् ।।२३।।
यवजातिविषावासागोक्षुरं बृहतीद्वयम् । सञ्चूर्ण्य समभागानि माषमानेन योजयेत् ।।२४।।
ऊषणाद्यमिदंचूर्णंविस्फोटंलोहितज्वरम् । रोमान्तिकां ज्वरं जीर्णं हन्याच्चापि मसूरिकाम् ।।२५।।

23-25.Uṣnādi Cūrṇam:

Ingredients: Black pepper, *pippalīmūla*, *kuṣṭha*, *gajapippalī*, *mustaka*, *madhuka*, *mūrvā*, *Bhārgī*, *mocarasa*, *vanśalocana*, *yavakṣāra*, *ativiṣā*, *aḍuṣā*, *gokṣura*, lesser and bigger varieties of *bṛihatī* (roots).

Process of Drug-Making: Take in equal parts the following: black pepper, *pippalīmūla*, *kuṣṭha*, *gajapippalī*, *mustaka*, *madhuka*, *mūrvā*, *Bhārgī*, *mocarasa*, *vanśalocana*, *yavakṣāra*, *ativiṣā*, *aḍuṣā*, *gokṣura*, lesser and bigger varieties of *bṛihatī* (roots). Compound them thoroughly into a fine powder.

Method of use/Administration: 1-2 gm.

Therapeutic benefits: It checks *viśphota* (eruption), blood fever, *romāntikā jvara*, chronic fever and *masūrika*.

लिहेद्वा बादरं चूर्णं पाचनार्थं गुडेन तु । अनेनाशु विपच्यन्ते वातपित्तकफात्मिकाः ।।२६।।

26. Get powder of the seed pulp of a dried *badarī* fruit measuring 3 gm. to 6 gm. Mix it with equal amount of jaggery. Taking this recipe controls *masūrikā* caused due to disorders of any of the *vāta*, *pitta* and *kapha* or their combinations.

शूलाध्मानपरीतस्य कम्पमानस्य वायुना । धन्वमांसरसाः शस्ता ईषत्सैन्धवसंयुताः ।।२७।।

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27. If the patient of *masūrikā* suffers from colic pain, flatulence and trembling because of aggravated *vāta*, then he should be given the soup of the meat of animals inhabiting arid zone along with small quantity of rock-salt.

पानशौचोपयोगिजलम्–

पिबेदम्भस्तप्तशीतं भावितं खदिरासनैः । शौचे वारि प्रयुञ्जीत गायत्रीबहुवारजम् ।।२८।।

28. Water boiled and cooled, and impregnated with *khadira* and *asana* or impregnated with *gāyatrī* and *bhuvra* is useful as a drink in smallpox.

जातीपत्रं समञ्जिष्ठं दार्वी पूगफलं शमी । धात्रीफलं समधुकं क्वथितं मधुसंयुतम् ।
मुखरोगे कण्ठरोधे गण्डूषार्थं प्रशस्यते ।।२९।।

29. If diseases of mouth and throat are associated with smallpox, then the patient should be given the decoction of *jātīpatra*, *manjiṣṭhā*, *dāru haridrā*, *pūga*, *āmalakī* and *madhuka* to be used for gargling.

Process of Drug Making: Take equal parts of the above mentioned ingredients and raise 50 gm. of their coarsely powdered mix. Decoct it along with water measuring 800 ml. till it is reduced to one fourth.

अक्ष्णोः सेकं प्रशंसन्ति गवेधुमधुकाम्बुना ।।३०।।

30. Recipes for Eyes: Eyes of the smallpox patient should be fomented with the decoction of wheat and *madhuka*.

पञ्चवल्कलचूर्णेन क्लेदिनीमवचूर्णयेत् । भस्मना केचिदिच्छन्ति केचिद् गोमयरेणुना ।।३१।।

31. If sticky material appears in the eyes, then the eyes should be dusted with the following: 1. Powder of the barks of *nyagrodha*, *udumbara*, *aśvattha*, *paṛisa* and *plākṣa*; 2. Powder of ash; and 3. powder of the ash of cow dung cakes.

क्रिमिपातभयाच्चापि धूपयेत् सरलादिभिः ।।३२।।

32. Recipe for Fumigation: To prevent *kṛimipata* (infestation with maggots, etc.), fumigation with the help of drugs like *sarala*, etc, should be performed.

वेदनादाहशान्त्यर्थं स्रुतानाञ्च विशुद्धये । सगुग्गुलुं वराक्वाथं युञ्ज्याद्वा खदिराष्टकम् ।।३३।।

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33. For the alleviation of pain and burning sensation and cleanse the exudating ulcers, the patient should be given the decoction of *triphalā* along with *guggulu* or *Khādi rāstaka Kvātha*.

कृष्णाभयारजो लिह्यान्मधुना कण्ठशुद्धये । तथाऽष्टाङ्गावलेहश्च कवलश्चार्द्रकादिभिः ।।३४।।

34. The powder of *pippalī* and *harītakī* should be mixed with honey, and in a confection form given to patients for cleansing the throat. For this purpose, *Aṣṭāñgavaleha* and drugs like *ārdraka*, etc, should be given for *kavala graha* (keeping the *kalka* of drugs in the mouth). In drinks, in recipes for massage and in food preparations, *Pañcatikta Kvātha* should be used.

पञ्चतिक्तं प्रयुञ्जीत पानाभ्यञ्जनभोजनैः । कुर्याद् व्रणविधानञ्च तेलादीन् वर्जयेच्चिरम् ।।३५।।

35. For smallpox, the process of treatment of *vraṇa* (ulcers) should be adopted and for along time to come, the patient should avoid unwholesome food like oil, etc.

तेषु दुष्टव्रणेष्वेव जलौकोभिर्हरेदसृक् । व्रणशोथहरं योगमाचरेत्तत्प्रशान्तये ।।३६।।

36. If the sore caused due to eruptions of *masūrikā* gets contaminated, one should administer the blood letting therapy through use of leeches. Following that one should use all the treatments prescribed for treating *vraṇa śotha*.

रोगान्तिकायां योगाः–

उच्चैस्तरे प्रशस्ते च रोमान्तीगदपीडितः । गृहेऽनार्द्रे वसेन्नित्यं गुरूष्णवसनावृतः ।।३७।।

37. A patient of *romāntikā* should be made to stay in a house situated in high altitude or in the higher portion of a house. See that the portion where the patient stays is neat, clean and should be dry. The patient should be made to wear heavy and woolen clothes.

शीतवायुं शीततोयं संतापं वह्निसूर्ययोः । त्यजेत्स्त्रियं दिवा निद्रामध्वानं निशि जागरम् ।।३८।।

The following measures are harmful for the patients of romāntikā:

38. Facing cold wind, sleeping, walking, bathing with cold water or drinking cold water, facing the hot sun and fire, intercourse, sleeping during day time, waking till late hours and the like.

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सुखोष्णेनाम्बुना स्वेदो रोमान्तीज्वरहन्मतः । मसूर्यां ये च कथिता इह क्वाथादयोऽपि ते ।।
प्रयुज्यमाना गदिनं सुस्थीकुर्वन्ति सत्वरम् ।।३९।।

39. One should soak a thick towel into lukewarm water and squeeze it. The towel thus treated should be used in washing the patient of *romāntikā* fever. The decoction suggested in treatment of *masūrikā* should also be followed.

खदिराष्टकः–

खदिरत्रिफलारिष्टपटोलामृतवासकैः । क्वाथोऽष्टकाख्यो जयति रोमान्तिकमसूरिकाः ।।४०।।
कुष्ठवीसर्पविस्फोटकण्ड्वादीनपि पानतः ।।४१।।

40-41. *Khadirāṣṭaka Kvātha*: *Khadirā*, *harītakī*, *vibhītakī*, *āmalakī*, *ariṣṭa* (*nimba*), *paṭola*, *amṛitā* and *vāsaka* should be boiled with water and reduced to 1/8th. Intake of 50 ml. of this decoction treated with 12 gm. honey cures measles and smallpox.

Process of Drug Making: Take equal parts of the above mentioned ingredients and raise 25 gm. of their coarsely powdered mix. Decoct it along with water measuring 400 ml. till it is reduced to one fourth.

गणेशादिपूजनादिप्रयोगाः–

घण्टाकर्ण शिवं गौरीं विष्णुं विप्रांश्च पूजयेत् । आचारजपहोमादीन् व्रतं रोगहरं तथा ।।४२।।

42. The patient himself should worship the God Ganeśa, Śiva and Viṣnu as well as Goddess Pārvatī. If one can't do so, he should appoint a Brahman to perform their worships. He should also serve meals to a Brahman. The meals should be offered with presents (*dakṣiṇā*). Likewise, the measures to pacify Goddess *śītalā* should be taken up. One should also chant the *Mṛityuñjaya* (capable to win death) *mantras*.

अगदानि विषघ्नानि रत्नानि विविधानि च । धारयेद्वाचयेच्चापि वैनतेयस्य संहिताम् ।।४३।।

43. One should tie up different types of anti-poisonous herbs and various gems and jewelry pieces with the patient of *masūrika*. He should also listen to the holy readings from the scripture *Garuḍa Samhitā*.

विषघ्नैः सिद्धमन्त्रैश्च प्रमृज्यात्तु पुनः पुनः । भक्त्या पठेत्पाठयेच्चशीतलायाःस्तवं शुभम् ।।४४।।

44. One should also charge himself with the *mantra-'apo hiṣṭhetyādi ....'* while suffering through the disease. If he is not able to clean himself ritualistically he should engage a Brahman for this purpose.

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शीतलायाः स्वरूपभेदभेषजानि (भा. प्र.)–

देव्याःशीतलयाऽऽक्रान्तामसूर्येव हि शीतला । ज्वरयेच्च यथा भूताधिष्ठितो विषमज्वरः ।।४५।।
सा च सप्तविधा ख्याता तासांभेदान्प्रचक्ष्महे । ज्वरपूर्वाबृहत् स्फोटैःशीतलावृहती भवेत् ।।४६।।
सप्ताहान्नि सरत्येव सप्ताहात् पूर्णतां व्रजेत् । ततस्तृतीये सप्ताहेशुष्यति स्खलति स्वयम् ।।४७।।
तासां मध्ये यदा काचित्पाकं गत्वा स्फुटेत्स्रवेत् । तत्रावधूलनं कुर्याद् वनगोमयभस्मना ।।४८।।
निम्बसत्पत्रशाखाभिर्मक्षिकामपसारयेत् । जलं च शीतलं दद्याज्ज्वरेऽपि न तु तत्पचेत् ।।४९।।
स्थापयेत्तं स्थले पूते रम्ये रहसि शीतले । नाशुचिः संस्पृशेत्तन्तु न च तस्यान्तिकं व्रजेत् ।।५०।।

45-50. Different forms of Goddess Śītalā:

If the disease *masūrikā* i.e. small pox has occurred due to disfavour of Goddess *śītalā* the disease is referred to as *Śītalā*. The fever occurring in this disease is like the fever in cases of *viṣam jvara*. This Goddess *śītalā* has been identified with seven different forms. If large eruptions in the body are followed by fever, this form is referred to *Bṛihatī Śītalā* (i.e. major *Śītalā*). The eruption would mature by the end of first week and during the second week it would be in full maturity while in the third week it would dry down. Finally, the eruptions would disappear on their own. If an eruption gets broken or it gets contaminated with pus the case should be treated by sprinkling of ash obtained from burning the wild weeds. The flies should be removed by using branches of plant *neem* having soft leaves. If the temperature is high the patient should drink cold water. He should never be served with warm water. The patient should be kept in a lonely place which is auspicious, cold and beautiful. The patient should not be touched by one who is not ritualistically pure.

(*Bhāvaprakāśa*)

वहवो भिषजो नात्र भेषजं योजयन्ति हि । केचित्प्रयोजयन्त्येव मतं तेषामथ ब्रुवे ।।५१।।

51. Many physicians would not serve medicines in the cases of *masūrika*. They treat the patient through spells and spell-charged water. However, there are physicians who treat the patients through medicines. That is why I have suggested certain prescriptions in this chapter.

ये शीतलेन सलिलेन निपिष्य सम्यङ् निम्बाक्षबीजसहितां रजनीं पिबन्ति ।
तेषां भवन्ति न कदाचिदपीह देहे स्फोटास्तु वा जगति शीतलिकाविकाराः ।।५२।। भा. प्र.

52. Generally, the disease attacks between springs and the summers. During this period as well as when one gets news of the occurrence of disease in neighbourhood, one should prepare defence. The children and elderly of the

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family should take for one week compound of *nimba* barks (or leaves), seeds of *vibhītakī* and *haridrā* in doses of 1 gm. along with cold water. These herbs should be compounded into a *kalka*. This measure serves as an excellent preventive as regards the disease called *Masūrika*.

(*Bhāvaprakāśa*)

मोचारसेन सहितं सितचन्दनं ये वासारसेन मधुकं मधुकेन वाऽथ ।
आदौ पिबन्ति सुमनास्वरसेन मिश्रं ते नाप्नुवन्ति भुवि शीतलिकाविकारम् ।।५३।।

53. The children and elderly should take the following recipes (any one of them) when their neighbourhood witnesses occurrence of small pox. A. Powder of *śveta candana* measuring 1 gm. along with juice of banana trunk measuring 24 gm.. B. Powder of *madhuka* along with juice of *aḍuṣā* leaves. C. Juice of jasmine leaves along with honey.

चन्दनं वासको मुस्तं गुडूची द्राक्षया सह।एषां शीतकषायस्तु शीतलाज्वरनाशनः।।५४।। भा. प्र.

54. Taking cold decoction of *rakta candana*, *aḍuṣā*, *mustā*, *guḍūcī* and *drākṣā* eliminates the disease of small pox.

(*Bhāvaprakāśa*)

दुर्लभो रसः (र. सा. सं.)–

अथ शुद्धस्य सूतस्य मूर्च्छितस्य मृतस्य च । द्विबला पिप्पली धात्री रुद्राक्षघृतमाक्षिकैः ।।५५।।
मर्दनं कारयेत्खल्ले गुञ्जामानां वटीं चरेत् । पापरोगान्तको योगः पृथिव्यामेव दुर्लभः ।।५६।।

55-56. Durlālabhā Rasa:

Ingredients: Purified *pārada bhasma*, *balā*, *atibalā*, pepper, *āmalakī* and *rudrākṣa*.

Process of Drug-Making: Triturate into powder the equal parts of purified *pārada bhasma*, *balā*, *atibalā*, pepper, *āmalakī* and *rudrākṣa*.

Method of use/Administration: Lick this medicine in doses of 125 mg. along with *ghṛitam* and honey.

Therapeutic benefits: It checks all kinds of *pāpa roga* (the diseases that attacks when one violates the social ethics and religious instructions).

(*Rasendra Sār Sangraha*)

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सर्वतोभद्ररसः–

सिन्दूरमभ्रं रजतञ्च हेम समेन भागेन मनःशिलाञ्च ।
द्विशस्तु वांशी निखिलेन तुल्यं सम्मर्दयेद् गुग्गुलुकं प्रयत्नात् ।।५७।।
ततस्तु माषप्रमितां विधाय वटीं प्रयुञ्जीत यथानुपानम् ।
यं सर्वतोभद्ररसो न हन्ति न सोऽस्तिः रोगः खलु देहिदेहे ।।५८।।

57-58. Sarvatobhadra Rasa:

Ingredients: *Rasa sindūra, abhraka bhasma, rajata bhasma, svarṇa bhasma, vanśalocana* and *guggulu.*

Process of Drug-Making: Take 12 gm. measure each of *rasa sindūra, abhraka bhasma, rajata bhasma, svarṇa bhasma*, 24 gm. of *vanśalocana* and *guggulu* measuring 84 gm.. Triturate them together and prepare pills measuring 1 gm. each.

Method of use/Administration: This medicine should be taken with *anupānas* that are compatible to the case in question.

Therapeutic benefits: There is no disease in the world that cannot be cured by this medicine.

इन्दुकला वटिका–

शिलाजत्वयसीं हेम संमर्द्यार्जकवारिणा । गुञ्जामात्रा वटीः कृत्वा कुर्याच्छायाविशोषिताः ।।५९।।
मसूरिकायां विस्फोटे ज्वरे लोहितसंज्ञके । एकैकां दापयेदासां सर्वव्रणगदेषु च ।।६०।।

59-60. Indukalā Vaṭikā:

Ingredients: Purified *śilājatu, lauha bhasma, svarṇa bhasma* and juice of plant *tulasī.*

Process of Drug-Making: Take equal parts of purified *śilājatu, lauha bhasma* and *svarṇa bhasma*. Triturate them together along with juice of plant *tulasī*. Make pills of doses of 125 mg. each. Dry them under shadow.

Therapeutic benefits: It checks *masūrika, viśphota; lohita jvara* and all kinds of *vraṇa roga.*

एलाद्यरिष्टः–

पञ्चाशत्पलमेलाया वासायाः पलविंशतिम् । मञ्जिष्ठां कुटजं दन्ती गुडूचीं रजनीद्वयम् ।।६१।।
रास्नामुशीरं मधुकं शिरीषं खदिरार्जुनौ । भूनिम्बनिम्बवह्नींश्च कुष्ठं मधुरिकां तथा ।।६२।।
गृहीत्वा दिक्पलोन्मित्याजलद्रोणाष्टके पचेत् । द्रोणशेषे कषाये च पूते शीते विनिक्षिपेत् ।।६३।।
धातक्याः षोडशपलं माक्षिकस्य तुलात्रयम् । चातुर्जातं त्रिकटुकं चन्दनं रक्तचन्दनम् ।।६४।।

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मांसीं मुरां मुस्तकञ्च शैलेयं शारिवाद्वयम् । पलप्रमाणतश्चात्र क्षिप्त्वा मासं निधापयेत् ।।६५।।
एलाद्यरिष्टो हन्त्येष विसर्पांश्च मसूरिकाम् । रोमान्तिकां शीतपित्तं विस्फोटं विषमज्वरम् ।।६६।।
नाडीव्रणं व्रणं दुष्टं कासं श्वासञ्च दारुणम् । भगन्दरोपदंशौ च प्रमेहपिडकास्तथा ।।६७।।

61-67.Elādyariṣṭa:

Ingredients: *Elā* (smaller cardamom), plant *aḍuṣā*, *manjiṣṭhā*, *kuṣṭha* (bark), *dantī* (roots), *guḍūcī*, *haridrā*, *dāru haridrā*, *rāsnā*, *uśīra*, *madhuka*, *śirīṣa* (bark), *khadira* (heartwood), *arjuna* (barks),. *bhūnimba*, *nimba* (bark), *citraka*, *kuṣṭha*, aniseeds, water, *dhātakī* flowers, honey, cinnamon bark, smaller cardamom, cassia leaves, *nāgakeśara*, *tṛikaṭu* (separately), white sandalwood, red sandalwood, *jaṭāmānsī*, *murāmānsī*, *mustā*, *śelaiyaka*, *anantamūla* and *śyāmālatā*.

Process of Drug-Making: Obtain 2.50 kg. of *elā* (smaller cardamom), 1 kg. of plant *aḍuṣā* and 500 gm. each of *manjiṣṭhā*, *kuṣṭha* (bark), *dantī* (roots), *guḍūcī*, *haridrā*, *dāru haridrā*, *rāsnā*, *uśīra*, *madhuka*, *śirīṣa* (bark), *khadira* (heartwood), *arjuna* (barks), *bhūnimba*, *nimba* (bark), *citraka*, *kuṣṭha* and aniseeds. Cook all the ingredients along with water measuring 100 litre. Decoct all the materials together until its original quantity is reduced to 25 litre. When the decoction cools down, add to it the following: *dhātakī* flowers measuring 800 gm., honey measuring 15 kg., 50 gm. each of cinnamon bark, smaller cardamom, cassia leaves, *nāgakeśara*, *tṛikaṭu* (separately), white sandalwood, red sandalwood, *jaṭāmānsī*, *murāmānsī*, *mustā*, *śelaiyaka*, *anantamūla* and *śyāmālatā*. Collect this preparation in a pitcher and close its mouth. Store the same for one month.

Method of use/Administration: The patient should take the drug in doses of 12-25 ml.

Therapeutic benefits: This medicine checks *visarpa*, *masūrika*, *romāntikā*, *śitapitta*, *visphoṭa*, *viṣam jvara*, *nāḍivraṇa*, *duṣṭavraṇa*, *kāsa*, *śvāsa*, *bhagandara*, *upadamśa* and *prameha piḍika*.

मसूरिकायां पथ्यापथ्यानि–

पूर्वलङ्घनवान्तिरेचनसिरावेधाःशशाङ्कोज्ज्वलाःजीर्णाःषष्टिकशालयोऽपिचणकामुद्गा मसूरा यवाः ।
सर्वेऽपिप्रतुदाःकपोतचटकादात्यूहक्रौञ्चादयोजीवञ्जीवशुकादयोऽपिकुलकंकाठिल्लमाषाढकम्।।६८।।
कर्कोटं कदलं च शिग्रुरुचकं द्राक्षाफलं दाडिमं मेध्यं बृंहणमन्नपानमखिलं कोलानि माषो रसः ।
अक्ष्णोःसेकविधौगवेधुमधुकोद्भूतंसुशीतोदकंशम्बूकोदरकोषनीरमपिवा कर्पूरचूर्णानि वा ।।६९।।
पक्वे मुद्गरसोऽपि जाङ्गलरसः शालिञ्चशाकं घृतं निर्गुण्डीदलयक्षधूपविहितो धूपो मृदुर्युक्तितः ।
शश्वद्गोमयभस्मगुग्गुलुमथोशुष्केशिलापिष्टयोरालेपःपिचुमर्दपत्रनिशयोःशेषेव्रणोक्ताःक्रियाः।।७०।।
इत्थं सर्वदशविभागविहितं पथ्यं यथादोषतः संयुक्तं मुदमातनोति नितरां नणां मसूरीगदे ।।७१।।

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68-71. The patient of *masūrikā* first go through *vamana* (emetic) therapy, *virecana* (purgation) therapy, blood letting and the like. After that, he should be served with the following eatables: old rice of *śāli* variety, grams, *mudga* beans, lentil beans, barley, meat of *pratuḍa* birds (those who take their meals through beaks like pigeon, sparrow, *krounca*, parrot and the like), *paṭola*, *kāravellaka*, fruits of rainy season, banana fruits, drumsticks, *mātulunga* lemon, *drākṣā*, pomegranate and the like nutritious items. To treat eyes one should wash them with water treated with the *gavedhu* and *madhuka* herbs, camphor powder and drops obtained from conch shells. When the eruptions are matured one should take pulse soup of *mudga* beans, meat soup of wild animals, leaves of *śāli* plant, *ghṛitam*, leaves of *nirgunḍī* plant and the like. The patient should take smoke (*dhūpan*) therapy by burning *gomaya* and *guggulu*. If the eruptions are containing pus the patient should rub his body with ash of burnt reeds. He should also coat his body with *kalka* of dried *nimba* leaves and *haridrā*. One could even treat the eruptions in manner sores are treated. The patient could also take appropriate decisions as per the guidelines above. It helps to make one comfortable in that disease.

रतं स्वेदं श्रमं तैलं गुर्वन्नं क्रोधमातपम् । दुष्टाम्बु दुष्टपवनं विरुद्धान्यशनानि च ।।७२।।
निष्पावमालुकं शाकं लवणं विषमाशनम् । कट्वम्लं वेगरोधञ्च मसूरीगदवांस्त्यजेत् ।।७३।।

72-73. The patient of masūrikā *should* avoid the following: Intercourse, *svedana* (fomentation), excessive labour, getting angry, taking contaminated water and polluted air, holding the calls of nature and the like. He should also not take oily edibles, meals that are heavy to digest, bitter and citrus in taste.

इति भैषज्यरत्नावल्यां मसूरिकाचिकित्साप्रकरणम् ।।५९।।
इति भैषज्यरत्नावल्यां 'विद्योतिनी' नामिकायां भाषाटीकायां मसूरिकाचिकित्साप्रकरणम् ।।५९।।

End of the Chapter 59 of Bhaiṣajya Ratnāvalī with Commentary

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अथ क्षुद्ररोगचिकित्साप्रकरणम् ६०

Chapter 60

Kṣudra Roga (Minor Ailments)

अजगल्लिकाचिकित्सा–

तत्राजगल्लिकामामां जलौकाभिरुपाचरेत् । शुक्तिसौराष्ट्रिकाक्षारकल्कैश्चालेपयेन्मुहुः ।।१।।

1. Treatment of Ajagallikā:

If *ajagallikā* has freshly appeared, then application of leeches is useful. The afflicted skin should be frequently applied with the calcined powder of sea-shell or alum. *Kalkas* of alkaline drugs can also be applied over this ailment frequently.

नवीनकण्टकार्याश्च कण्टकैर्वेधमात्रतः । किताश्चर्यं विपच्याशु प्रशाम्यन्त्यजगल्लिकाः ।।२।।

2. If the wound of *ajagallikā* is operated with fresh thorns of smaller *kañṭakārī* it gets ripens and gets corrected very soon.

वृषमूलविशालाभ्यां लेपो हन्त्यजगल्लिकाम् ।।३।।

3. Take roots of *aḍuṣā* and *indrayava* plant. Compound them into a *kalka* along with water. Application of this *kalka* eliminates the *ajagallikā*.

कठिनां क्षारयोगैश्च द्रावयेदजगल्लिकाम् ।।४।।

4. If *ajagallikā* is hard apply to it alkalies to treat the wound.

अनुशयीचिकित्सा–

श्लेष्मविद्रधिकल्पेन जयेदनुशयीं भिषक् ।।५।।

5. Treatment of Anuśayī:

Anuśayī should be treated on the line of *kaphaja* type of *vidradhi* (abscess).

विवृतादिचिकित्सा–

विवृतामिन्द्रविद्धाञ्च गर्दभीं जालगर्दभम् । इतिवेल्लिं गन्धमालां जयेत्पित्तविसर्पवत् ।।
मधुरौषधसिद्धेन सर्पिषा शमयेद् व्रणम् ।।६।।

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6. Treatment of Vivṛita:

Vivṛita, *indra vṛiddha*, *gardabhī*, *jāla-gardabha*, *itivellika* and *gandhamālā* should be treated on the line of *paittika* type of *visarpa* (erysipelas).

विदारिकादिचिकित्सा–

रक्तावसेकैर्बहुभिः स्वेदनैरपतर्पणैः । जयेद्विदारिकां लेपैः शिग्रुदेवद्रुमोद्भवैः ।।७।।
पनसिकां कच्छपिकामनेन विधिना भिषक् । साधयेत्कठिनानन्याच्छोथान् दोषसमुद्भवान् ।।८।।

7-8. Treatment of Vidārīka, etc.:

Vidārīka should be cured by frequent blood-letting, *svedana* (fomentation), *apatarpaṇa* (fasting therapy) and by the external application of the *kalka* of *śigru* and *devadāru*. *Pansikā* and *kacchapikā* should be treated on the line suggested above. Other hard swellings caused by the vitiation of *doṣas* should also be treated in the above line.

पाषाणगर्दभचिकित्सा–

अन्त्रालजीं कच्छपिकां तथा पाषाणगर्दभम् । सुरदारुशिलाकुष्ठैः स्वेदयित्वा प्रलेपयेत् ।
कफमारुतशोथघ्नो लेपः पाषाणगर्दभे ।।९।।

9. Treatment of Pāṣāṇa Gardabha:

Swellings like *antralājī*, *kacchapikā* and *pāṣāṇa gardabha* should be treated by *svedana* (fomentation) therapy, and thereafter, by the application of the *kalka* of *devadāru*, *manahśilā* and *kuṣṭha*. *Pāṣāṇa gardabha* should be treated by the external application of the *kalka* of drugs which alleviates *kapha*, *vāta* and edema.

वल्मीकचिकित्सा–

शस्त्रेणोद्धृत्यवल्मीकंक्षाराग्निभ्यांप्रसाधयेत्।मनःशिलाऽऽलभल्लातसूक्ष्मैलाऽगुरुचन्दनैः ।।१०।।
जातीपल्लवकल्कैश्च निम्बतैलं विपाचयेत् । वल्मीकं नाशयेत्तद्धि बहुच्छिद्रं बहुद्रवम् ।।११।।

10-11. Treatment of Vālmīka:

The growth caused by *vālmīka* should be excised with the help of sharp instruments. Over the wound, alkalies and cauterization therapy should be employed. *Neem* oil (1 litre) should be cooked by along with the *manahśilā*, *haritāla*, *bhallātaka*, *śukṣamaila*, *aguru*, *candana* and the *kalka* of the leaves of *jātī* (40 gm. each). This recipe causes suppuration of *vālmīka* and cures this disease even if it is associated with several openings and with profuse exudations.

सशोथं व्रणगन्धञ्च प्रवृद्धं मर्मसु स्थितम् । हस्तपादस्थितञ्चापि वल्मीकं परिवर्जयेत् ।।१२।।

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12. The *vālmīka* that is associated with edema, bad smell and that is located in the soft parts of the body like palms and souls is generally incurable.

पाददारीचिकित्सा–

पाददारीषु च शिरां वेधयेत्तलशोधिनीम् । स्नेहस्वेदोपपन्नो तु पादौ चालेपयेन्मुहुः ।।
मधूच्छिष्टवसामज्जघृतक्षारैर्विमिश्रपेत् ।।१३।।

13. Treatment of Pādadāṛi:

In *pādadāṛi*, venesection should be performed by incising the vein called *talva sodhinī*. The soles of the feet should be rubbed with oil, etc, and fomented. Over these soles of feet, the *kalka* of bee's wax, *vāsa* (muscle fat), *majjā* (bone marrow), *ghṛitam* and milk should be applied.

गुडलवणघृतं चेत्तिन्तिडीयुक्तमेतद् द्विगुणमिह विदध्यान्मूत्रमेकत्र कृत्वा ।
दिनकतिचिदथेदं किञ्चिदाशोष्य लेपात्स्फुटितपदतलं स्यात्पद्मपत्राभमाशु ।।१४।।

14. Take jaggery, salt, *ghṛitam* and bark of tamarind root (10 gm. each). Pulverize them with cow urine measuring twice the quantity of the materials (i.e. 20 ml.) and make paste out of them. Apply this paste on cracks of foot (caused due to *vipādi kā* and the like). Application of this *kalka* would cure them and turn them as soft as a lotus flower.

सर्जाख्यसिन्धूद्भवयोश्चूर्णं मधुघृतप्लुतम् । निर्मथ्य कटुतैलाक्तं हितं पादप्रमार्जनम् ।।१५।।

15. In *pādadāṛi*, the *kalka* of *sarja rasa* and rock-salt prepared by triturating them along with honey and *ghṛitam* and mixed with mustard oil should be rubbed over the soles.

उपोदिकासर्षपनिम्बमोचकर्कारुकैर्वारुकभस्मतोये ।
तैलं विपक्वं लवणं सकल्कं तत्पाददारीं विनिहन्ति शीघ्रम् ।।१६।।

16. Obtain properly prepared *bhasma* of *upodikā*, *sarṣapa*, *nimba*, *moca rasa* and the ash of *karkāruka* and *ervāruka*. Thus raise one kilogram of their mix and dissolve it in water measuring four litres. Sieve the preparation for 21 consecutive times through a piece of cloth. Add sesame oil measuring one litre and 250 ml. *kalka* of rock salt into it. Cook the preparation and obtain medicated *ghṛitam*. External application of this recipe cures *pādadāṛi*.

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अलसचिकित्सा–

अलसेम्लैश्चिरं सिक्तौ चरणौ परिलेपयेत् । पटोलारिष्टकाशीशत्रिफलाभिर्मुहुर्मुहुः ।।१७।।

17. Treatment of Alasa:

In *alasa*, legs should be frequently kept in sour liquid for long time and thereafter, the *kalka* of *paṭola*, *ariṣṭa* (*nimba*), *kaśīśa*, *harītakī*, *vibhītakī* and *āmalakī* should be applied very frequently.

करञ्जबीजं रजनी कासीसं मधुकं मधु । रोचना हरितालञ्च लेपोऽयमलसे हितः ।।१८।।

18. Application of the *kalka* of the seeds of *karañja haridrā*, *kaśīśa*, *yaṣṭimadhu*, honey, *gorocana* and *haritāla* is useful for the cure of *alasa*.

लाक्षाऽभयारसालेपः कार्यं रक्तस्य मोक्षणम् । बृहतीरससिद्धेन तैलेनाभ्यज्य बुद्धिमान् ।।
शिलारोचनकाशीशचूर्णैर्वा प्रतिसारयेत् ।।१९।।

19. In *alasa*, the *kalka* of *lākṣā* prepared by triturating it along with the decoction of *harītakī* should be applied externally. In addition, blood-letting therapy should be employed. The oil cooked along with the juice or decoction of *bṛihatī* should be used for massage of legs. Thereafter, legs should be rubbed with the powder of *manahśilā*, *gorocana* and *kaśīśa*.

कदरचिकित्सा–

दहेत्कदरमुद्धृत्य तैलेन दहनेन वा ।।२०।।

20.Treatment of Kadara:

For the cure of *kadara*, it should either be burnt with hot oil or cauterized after incision.

चिप्पचिकित्सा–

चिप्पमुष्णाम्बुना स्विन्नमुत्कृत्याभ्यज्य तं व्रणम् । दत्त्वा सर्जरसंचूर्णंबुद्ध्वा व्रणवदाचरेत् ।।२१।।

21. Treatment of Cippa:

In *cippa*, the wound should be fomented with hot water, (extra muscle) should be cut and the wound should be smeared with (unctuous substance). Thereafter, the powder of *sarija rasa* should be sprinkled over it and treated as ulcer.

स्वरसेन हरिद्राया पात्रे कृष्णायसेऽभयाम् । घृष्ट्वातज्जेन कल्केन लिम्पेच्चिप्पं मुहुर्मुहुः ।।२२।।

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22. *Abhayā* should be rubbed in a vessel prepared of *kṛiṣṇa ayasa* (black variety of iron) by adding the juice of *haridrā*. This *kalka* should be frequently applied over *cippa*.

कुनखचिकित्सा (भा. प्र.)–

नखकोटिप्रविष्टेन टङ्कणेन न शाम्यति । कुनखश्चेत्तदा भ्रातः शैलोऽपि प्लवते जले ।।२३।।

23. Treatment of Kunakha:

In cases of *kunakha* disorder, one should apply the *kalka* obtained by churning *tañkaṇa* in water. One can also fill the gap between *nakha* and flesh with the powder of dry *tañkaṇa*. As heavy stones cannot float on water similarly after applying the above the *kunakha* disorder won't be able to withstand.

(*Bhāvaprakāśa*)

अङ्गुलीवेष्टचिकित्सा–

काश्मर्याः सप्तभिः पत्रैः कोमलैः परिवेष्टितः । अङ्गुलीवेष्टकः पुंसो ध्रुवमाशु व्यपोहति ।।२४।।

24.Treatment of Angulivesṭaka:

In cases *angulivesṭaka* disorder, take seven fresh leaves of *gambhārī* and wrap on the top of the fingers. This would definitely give relief to patients suffering from *angulivesṭaka* disorder.

पद्मिनीकण्टकचिकित्सा–

निम्बोदकेन वमनं पद्मिनीकण्टके हितम् । निम्बोदककृतं सर्पिः सक्षौद्रं पानमिष्यते ।।२५।।

25. Treatment of Padminī Kañṭaka:

In *padminī-kañṭaka*, *vamana* therapy (emesis) with the decoction of *nimba* is useful. The patient should be given medicated *ghṛitam* prepared by boiling with the decoction of *nimba* added with honey.

पद्मनालकृतः क्षारः पद्मिनीं हन्ति लेपनात् । निम्बारग्वधकल्कैर्वा मुहुरुद्वर्त्तनं हितम् ।।२६।।

26. External application of the *kṣāra* (alkaline preparation) of lotus-stalk cures *padminī-kañṭaka*. Optionally, the *kalka* of *nimba* and *āragvadha* should be used for unction frequently.

जालगर्दभचिकित्सा–

नीलीपटोलमूलाभ्यां साज्याभ्यां लेपनं हितम् । जालगर्दभरोगे तु सद्यो हन्ति च वेदनाम् ।।२७।।

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27.Treatment of Jālagardhaba:

In cases of *jālgardhabha* disorder, prepare *kalka* of *nīla* and root of *paṭola* by triturate ing them along with *ghṛitam*. Apply the *kalka* as poultice on the affected parts, this would immediately provide relief from the ache.

अहिपूतनकचिकित्सा–

अहिपूतनके धात्र्याः पूर्वं स्तन्यं विशोधयेत् । त्रिफलाखदिरक्वाथैर्व्रणानां धावनं सदा ।।२८।।
करञ्जत्रिफलातिक्तैः सर्पिः सिद्धं शिशोर्हितम् । रसाञ्जनं विशेषेण पानालेपनयोर्हितम् ।।२९।।

28-29.Treatment of Ahipūtanā:

In *ahipūtanā*, step should be taken first of all, to purify the breast milk of the mother (or wet nurse). The ulcers of the child should be washed with the decoction of *harītakī*, *vibhītakī*, *āmalakī* and *khadira*. Medicated *ghṛitam* cooked by adding *karañja*, *harītakī*, *vibhītakī*, *āmalakī* and *kirātatikta* is useful for the child. *rasāñjana* is specially useful as a drink (along with milk) and for external application in *kalka* form.

गुदभ्रंशचिकित्सा–

गुदभ्रंशे गुदं स्नेहैरभ्यज्याशु प्रवेशयेत् । प्रविष्टे स्वेदयेच्चापि बद्धं गोष्फणया भृशम् ।।३०।।

30. Treatment of Guḍa Bhramśa (Prolapse Rectum):

In *guḍa bhramśa*, the prolapsed rectum should be smeared with unctuous substance and immediately pushed inside. Thereafter, *svedana* (fomentation) should be applied and *gophaṇa* type of bandage should be applied frequently.

कोमलं पद्मिनीपत्रं यः खादेच्छर्कराऽन्वितम् । एतनिश्चित्य निर्दिष्टं न तस्य गुदनिर्गमः ।।३१।।

31. A person who takes tender lotus-leaf along with sugar would certainly not suffer from prolapse rectum.

वृक्षाम्लानलचाङ्गेरीविश्वपाठायवाग्रजम् । क्षारेण शीलयेत्पायुभ्रंशार्त्तोऽनलदीपनम् ।।३२।।

32. Habitual intake of *vṛikṣāmla*, *citraka*, *cāngerī*, *śunṭhī*, *pāṭhā* and *yavakṣāra* along with butter-milk cures prolapse rectum, and it stimulates the power of digestion.

गुदञ्च गव्यवसया म्रक्षयेदविशङ्कितः । दुष्प्रवेशो गुदभ्रंशो विशत्याशु न संशयः ।।३३।।

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33. The prolapsed rectum should be gently rubbed with cow's milk and then pushed inside. It undoubtedly helps the rectum to enter inside even if its entry was difficult earlier.

मूषिकाणां वसाभिर्वा गुदे सम्यक् प्रलेपनम् । स्विन्नमूषिकमांसेनाथवा संस्वेदयेद् गुदम् ।।३४।।

34. The *vāsa* (muscle fat) of rats should be applied over the prolapsed rectum in the form of an ointment. *Svedana* (fomentation) with the help of steam boiled flesh of the rat is useful for the patient with prolapsed rectum.

चर्मकीलादिचिकित्सा–

चर्मकीलं जतुमणि मषकांस्तिलकालकान् । उत्कृत्य शस्त्रेण दहेत्क्षाराग्निभ्यामशेषतः ।।३५।।

35.Treatment of Carmakīla, etc.:

In *carmakīla*, *jatumaṇi*, *maṣaka* and *tilakālaka*, the affected skin should be excised with the help of a sharp instrument and the resultant ulcer should be cauterized with the help of *kṣāra* (alkaline preparation) and *agni* (red hot iron rod).

मषकनाशको योगः–

रुवुनालात्तु चूर्णेन घर्षान्मषकनाशनः । निर्मोकभस्मघर्षाद्वा मषः शान्तिं व्रजेद् द्रुतम् ।।३६।।

36. Obtain *kṣāra* of *eraṇḍa* leaves' *nāla* and *bhasma* of the slough. Combine these together and rub the recipe on the *maṣaka*affected part. This would alleviate the *maṣaka* problem.

युवानपिडकादिचिकित्सा–

युवानपिडकान्यच्छनीलिकाव्यङ्गशर्कराः । शिरावेधैः प्रलेपैश्च जयेदभ्यञ्जनैस्तथा ।।३७।।

37. Treatment of Yuvāna Piḍaka, etc.:

Yuvana piḍaka, *nyaccha*, *nīlikā*, *vyanga* and *śarkara* should be treated with *śirā vedha* (venesection), *pralepa* (external application of drugs in *kalka* form) and *abhyanga* (massage with medicated oil).

लोध्रधान्यवचालेपस्तारुण्यपिडकापहः ।।३८।।

38. Obtain *lodhra*, coriander seeds and *vacā* and compound them into a *kalka* along with milk or water. Application of this *kalka* eliminates the pimples caused in adolescence.

तद्वद् गोरोचनायुक्तं मरिचं मुखलेपनम् । वमनञ्च निहन्त्याशु पिडकां यौवनोद्भवाम् ।।३९।।

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39. Pimples appearing in the face during adolescence should be treated by the application of the *kalka* of *marica* mixed with *gorocana* should be applied.

व्यङ्गेषु चार्जुनत्वग्वा मञ्जिष्ठा वा समाक्षिका । लेपः सनवनीता वा श्वेताश्वखुरजा मसी ।।४०।।

40.Treatment of Vyanga:

In *vyanga*, the *kalka* of the bark of *arjuna* or *manjiṣṭhā* along with honey should be applied. Alliteratively, the ash of the hoof of the white horse should be applied along with butter.

रक्तचन्दनमञ्जिष्ठाकुष्ठलोध्रप्रियङ्गवः । वटाङ्कुरा मसूराश्च व्यङ्गघ्ना मुखकान्तिदाः ।।४१।।

41. The *kalka* of *rakta candana*, *manjiṣṭhā*, *kuṣṭha*, *lodhra*, *priyangu*, adventitious roots of banyan tree and *masūra* cures *vyanga* and promotes the complexion of face.

व्यङ्गानां लेपनं शस्तं रुधरेण शशस्य च ।।४२।।

42. Application of the blood of rabbit is useful to treat the cases of *vyanga*.

केवलान् पयसापिष्ट्वातीक्ष्णाञ्छाल्मलिकण्टकान् । आलिप्तंत्र्यहमेतेनभवेत्पद्मोपमं मुखम् ।।४३।।

43. Obtain the sharp sprouts from the bark of *śālmalī* and compound it into a *kalka* by triturating them along with milk. Application of this *kalka* over the face for three days makes the face soft like a lotus flower.

मसूरैः सपिषा भृष्टैर्लिप्तमास्यं पयोऽन्वितैः । सप्तरात्राद् भवेत्सत्यं पुण्डरीकदलप्रभम् ।।४४।।

44. Seeds of *masūra* should be made to a *kalka* after frying them in *ghṛitam*. This *kalka* along with milk should be applied over the face for seven days by which the face looks like the petals of a lotus.

मातुलुङ्गजटासर्पिः शिला गोशकृतो रसः । मुखकान्तिकरो लेपः पिडकातिलकालजित् ।।४५।।

45. The *kalka* of root of *mātulunga*, *ghṛitam*, *manahśilā* and the juice of cow-dung, when applied, promotes the complexion of the face, and cures *yuvana piḍaka* as well as *tilakālaka*.

नवनीतगुडक्षौद्रकोलमज्जप्रलेपनम् । व्यङ्गजिद् वरुणत्वग्वा छागीक्षीरप्रपेषिता ।।४६।।

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46. Take butter, jaggery, honey and pulp of *kola* fruit (powdered). Pulverize all these materials together to obtain *kalka*. Apply this *kalka* on face to get rid of *vyanga roga*. Similarly, pulverize bark of *arjuna* in goat milk and apply the *kalka*. This would also help in relieving *vyanga* disorder.

जातीफलकल्कलेपो नीलीव्यङ्गादिनाशनः । सायञ्च कटुतैलेनाभ्यङ्गो वक्त्रप्रसाधनः ।।४७।।

47. Triturate powder of *jātīphala* in water and milk. Apply the *kalka* on face. Also, during evening one should massage the face with mustard oil. This measure is beneficial in curing *nīlī*, *vyanga roga* and it also helps in promoting beauty of face.

कालीयकोत्पलामयदधिसरबदरास्थिमध्यफलिनीभिः ।
लिप्तं भवति हि वदनं शशिप्रभं सप्तरात्रेण ।।४८।।

48. Application of the *kalka* of *kāliyaka*, *utpala*, *kuṣṭha*, curd, *śankha*, pulp of the seed of *badara* and *priyangu* for seven nights makes the face to look like moon.

तुषारहितमसृणयवचूर्णसमयष्टीमधुकलोध्रलेपेन ।
भवति मुखं परिनिजितचामीकरचारुसौभग्यम् ।।४९।।

49. Take barley (soft and without husk), *madhuyaṣṭī* and powder of *lodhra*. Triturate them along with water and milk and thus obtain a *kalka*. Apply this *kalka* as poultice on face. This would brighten up the face even as gold.

रक्षोघ्नशर्वरीद्वयमञ्जिष्ठागैरिकाज्यबस्तपयः सिद्धेन लिप्तमाननमुद्यद्विधुबिम्बवद्विभाति ।।५०।।

50. Application of the *kalka* of *rakṣoghna*, *haridrā*, *dāru haridrā*, *manjiṣṭhā*, *gairika*, *ghṛitam* and goat's milk makes the face beautiful like a rising moon.

परिणतदधिशरपुङ्खैः कुवलयदलकुष्ठचन्दनोशीरैः ।
मुखकमलकान्तिकारी भृकुटीतिलकालकाञ् जयति ।।५१।।

51. Application of the *kalka* of highly citrus curd, *śarapunkha*, leaves of *kuvalaya*, *kuṣṭha*, *candana* and *uśīra* make the face like a lotus, corrects excessive hair in the eye-rows and cures *tilakālaka*.

अर्कक्षीरहरिद्राभ्यां मर्दयित्वा प्रलेपयेत् । मुखकार्ष्ण्यं शमं याति चिरकालोद्भवं ध्रुवम् ।।५२।।

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52. Triturate powder of *haridrā* in latex of *arka* and apply this *kalka* daily on face. It would cure chronic *mukhanilima* disorder.

अरूंषिकाचिकित्सा–

अरूंषिकायां रुधिरेऽवसिक्ते–शिराव्यधेनाथ जलौकसा वा ।
निम्बाम्बुसिक्ते शिरसि प्रलेपो–देयोऽश्ववर्चोरससैन्धवाभ्याम् ।।५३।।

53. Treatment of Arumśika:

In *arumśika*, blood-letting therapy should be administered either by venesection or by application of leech. The head should be sprinkled with the decoction of *nimba*, and the *kalka* of the juice of horse-dung along with rock-salt should be applied externally.

पुराणमथ पिण्याकं पुरीषं कुक्कुटस्य वा । मूत्रपिष्टः प्रलेपोऽयं शीघ्रं हन्यादरूंषिकाम् ।।५४।।

54. Pulverize old linseeds or dung of hen along with the cow urine and apply this on head. This would alleviate the *arumśika* disorder.

अरूंषिका भृष्टकुष्ठचूर्णं तैलेन संयुतम् ।।५५।।

55. Bake powder of *kuṣṭha* in a pan and add oil to prepare a *kalka* of it. Apply this *kalka* daily on head to get relief from *arumśika* disorder.

दारुणकचिकित्सा–

दारुणे तु शिरांविध्येत्स्निग्धस्विन्नां ललाटजाम् । अवपीडशिरोबस्तीनभ्यङ्गांश्चावचारयेत् ।।५६।।

56. Treatment of Dāruṇaka:

In cases of *dāruṇaka* disorder, first one should perform *snehana* and *svedana*. Blood letting should be done at temple. Later, *avapīḍan nasya*, *śirobasti* and massaging should be done with anti-*vātaśleśāma* oils.

कोद्रवाणां तृणक्षारपानीयं परिधावने ।।५७।।

57. The affected part should be washed with the solution of *kṣāra* (alkaline prepartion) made out of the grass of *kodrava*.

कार्यो दारुणके मूर्ध्नि प्रलेपो मधुसंयुतः । पियालबीजमधुककुष्ठमाषैः ससैन्धवैः ।।
काञ्जिकस्थास्त्रिसप्ताहं माषादारुणकापहाः ।।५८।।

58. In *dāruṇaka*, the *kalka* of the seeds of *piyāla* (seeds), *madhuka* (*yaṣṭimadhu*), *kuṣṭha*, *māṣa* and rock-salt should be applied as a *kalka* over head.

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Optionally, one could soak the *māṣa* grains for three weeks in *kānji*. On 22nd day compound the *māṣa* grains along with *kānji*. One could also apply this as a *kalka* over head. It checks the indispositions.

सहनीलोत्पलकेशरयष्टीमधुतिलैःसममामलकम् । चिरजातमपिशीर्षेदारुणरोगंशमं नयति ।।५९।।

59. Take *nīlakamal*, *nāgakeśara*, *keśara* (*kinjalka*) of *nīlakamal* flower, *madhuyaṣṭī*, black sesame seeds and juice of *āmalakī*. Triturate all these materials together and obtain *kalka*. Apply this *kalka* on head to get relief from *dāruṇaka* disorder.

इन्द्रलुप्तचिकित्सा–

इन्द्रलुप्ते शिरां विद्ध्वा शिलाकाशीशतुत्थकैः। लेपयेत्परितः कल्कैस्तैलञ्चाभ्यञ्जने हितम् ।।
कुटन्नटशिखीजातीकरञ्जकरवीरजैः।।६०।।

60. Treatment of Indralupta:

In *indralupta* (serious type of baldness), first of all, venesection should be performed. Thereafter, the *kalka* of *manahśilā*, *kāśīśa* and *tuttha* should be applied all over the head. Massage with the oil prepared by boiling it along with the *kalka* of *kutannata*, *śikhī* (*citraka*), *jātī*, *karañja* and *karavīra* is also useful.

अवगाढपदञ्चैव प्रच्छयित्वा पुनः पुनः । गुञ्जाफलैश्चिरं लिम्पेत् वेशभूमि समन्ततः ।।६१।।

61. In cases of the *indralupta*, the affected part should be scratched frequently and thereafter, the *kalka* of the seeds of *guñjā* should be applied over the scalp.

हस्तिदन्तमसीं कृत्वा मुख्यञ्चैव रसाञ्जनम् । लोमान्यनेन जायन्ते नृणां पाणितलेष्वपि ।।६२।।

62. Obtain *antaradhūma bhasma* of ivory and same quantity of thick *rasāñjana*. Triturate them along water and apply the *kalka* on head. This would help in regaining the lost hair.

हस्तिदन्तमसीं कृत्वा तैलेन सह योजयेत् । हस्तेष्वपि प्रजायन्ते केशा नास्त्यत्र संशयः ।।६३।।

63. Obtain *antaradhūma bhasma* of ivory and triturate it with oil to obtain *kalka*. Apply the *kalka* on either head (or any other parts) to regain the lost hair.

भल्लातकादिलेपः (च. द.)–

भल्लातकवृहतीफलगुञ्जामूलफलेभ्यस्त्वेकेन । मधुसहितेनविलिप्तंसरपतिलुप्तंशमं याति ।।६४।।

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64. Bhallātakādi Lepa:

Ingredients: Powder of any one of the purified *bhallātakaphala*, fruits of bigger *kañṭakārī* fruit or the root and fruits of *guñjā* and honey.

Process of Drug-Making: Take powder of any one of the following: purified *bhallātakaphala*, fruits of bigger *kañṭakārī* fruit, root and fruits of *guñjā*. Triturate that powder along with honey.

Method of use/Administration: Apply it on head.

Therapeutic benefits: This is helpful in curing *indralupta* disorder.

(Cakradatt)

बृहतीफलरसपिष्टंगुञ्जाफलमिन्द्रलुप्तस्य । कनकदलनिघृष्टस्यसतोयंदातव्यंप्रच्छितस्य सदा ।।६५।।

65. In *indralupta*, the seeds of *guñjā* triturated with the juice of the fruit of *bṛihatī* should be applied. Before application, the affected part should either be rubbed with a piece of gold (or the root of *kanaka*) or scratched with a sharp instrument.

घृष्टस्य कर्कशैः पत्रैरिन्द्रलुप्तस्य गुण्डनम् । चूर्णितैर्मरिचैः कार्यमिन्द्रलुप्तविनाशनम् ।।६६।।

66. Rub *indralupta* affected parts with the leaves reflecting roughness. After rubbing sprinkle black pepper powder over there. This would help in alleviating *indralupta* disorder.

छागक्षीररसाञ्जनपुटदग्धगजदन्तमसीलिप्ताः।जायन्तेसप्तदिनात्खल्ल्यामपिकुञ्चिताश्चिकुराः।।६७।।

67. Take equal amounts of *rasāñjana* and *antardhūma bhasma* of ivory. Triturate these in goat milk to obtain *kalka*. Apply this *kalka* for seven consecutive days on head to alleviate *khallī* disorder. It can grow hair even on a bald head.

मधुकेन्दीवरमूर्वातिलाज्यगोक्षीरभृङ्गलेपेन । अचिराद्भवन्ति केशा घनदृढमूलायतानृजवः ।।६८।

68. By the application of the *kalka* of *madhuka*, *indīvara*, *mūrvā*, sesame seed, *ghṛitam*, cow's milk and *bhṛingarāja*, the hairs quickly become compact, deep-rooted, long and soft.

त्रिफलादिप्रभृतिलेपाः–

त्रिफला नीलिनीपत्रं लौहं भङ्गरजः समम् । अविमूत्रेण संयुक्तं कृष्णीकरणमुत्तमम् ।।६९।।

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69. Obtain powders of *haraḍa*, *vibhītaka*, *āmalakī*, *nīlī* trees leaves, *lauha* and *bhṛingarāja*. Triturate these materials along with cow milk to make a *kalka*. Apply this *kalka* on bald heads. This would help the bald head to get thick, long, soft and strong hairs.

धात्र्याम्रमज्जलेपात्स्यात् स्थिरोरुस्निग्धकेशता ।।७०।।

70. Triturate pulp of *āmalakī* and mango stone in water and obtain *kalka*. Apply this *kalka* on head to make one's hair strong, long and soft.

त्रिफलाचूर्णसंयुक्तं लोहचूर्णं विनिक्षिपेत् । ईषत्पक्वे नारिकेले भृङ्गराजरसान्विते ।।७१।।
मासमेकन्तु निक्षिप्य सम्यग्गर्त्तात्समुद्धरेत् । ततः शिरो मुण्डयित्वा लेपं दत्त्वा भिषग्वरः ।।
संवेष्ट्य कदलीपत्रैर्मोचयेत्सप्तमे दिने ।।७२।।
क्षालयेत् त्रिफलाक्वाथैः क्षीरमांसरसाशिनः । कपालरञ्जनञ्चैतत्कृष्णीकरणमुत्तमम् ।।७३।।

71-73. Obtain slightly matured fruit of coconut and fill it up with the powders of *harītakī*, *vibhītakī*, *āmalakī* (4 gm. each), *lauha bhasma* (12 gm.) and the juice of *bhṛingarāja* (50 ml.). Place this coconut in a pit properly dug out in the earth. Take out this after a month's period. Cut the hair on the head and paste the above mentioned recipe over the scalp. After application, wrap the head with a banana-leaf for seven days and remove it thereafter. Wash the head with the decoction of *triphalā* (collective name for *harītakī*, *vibhītakī* and *āmalakī*). While using this recipe, patient should take milk and meat-soup. It is an excellent recipe for making the hair in the scalp black.

पत्पलं पयसा सार्द्धं मांस भूमौ निधापयेत् । केशानां कृष्णीकरणं स्नेहनञ्च विधीयते ।।७४।।

74. *Utpala* triturated with milk should be kept underground for one month. By the application of this *kalka*, hair becomes black and unctuous.

भृङ्गपुष्पं जपापुष्पं मेषीदुग्धप्रपेषिताम् । तेनैवालोडितं लौहपात्रस्थं भूम्यधः कृतम् ।।७५।।
सप्ताहादुद्धृतं पश्चाद् भृङ्गराजरसेन तु । आलोड्याज्येन च शिरो वेष्टयित्वा वसेन्निशाम् ।।७६।।
प्रातस्तु क्षालनं कार्यमेवं स्यान्मूर्द्धरञ्जनम् । एवं सिन्दूरबालाम्रशङ्खभृङ्गरसैः क्रिया ।।७७।।

75-77. Take flowers of *bhṛingarāja* and flowers of *japā*. Triturate these two materials along with the sheep's milk and fill it in an iron ware. Bury it beneath earth for seven consecutive days. On the eighth day, remove it out and again triturate it along with juice of *bhṛingarāja* and add little bit *ghṛitam* into it. Apply this *kalka* on head and wrap the head closely with banana leaves. After keeping it

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for one whole night, on the next morning, wash the head with the decoction of *triphalā*. Repeat this process for few days. This would help in making hair black. Similarly, apply *kalka* of *sindūra* daily, stone of unripe mango and fine powder or *bhasma* of *śankha* on head. Keep it for whole night and next morning wash it with decoction of *triphalā*. This would also help hair to become black.

रसाञ्जनंशङ्खचूर्णकाञ्जिकरससंयुतं हि सीसकं घृष्ट्वा ।
लेपात्कचानर्कदलाबद्धाञ्शुभ्रान् करोति नीलतरान् ।।७८।।

78. Take equal parts of *rasāñjana* (*nīlī vṛikṣa* or *nara dugdha* as in other version of the text), *śankha* (*śankha bhasma*), *pārada* and *sīśa* (lead). First of all melt *sīśa* and add *pārada* into it. Following this, mix rest of the materials to the compound and triturate it along with *kānji*. Apply this *kalka* on hair as die and wrap the head with soft leaves of *arka*. If a person having white hair repeats this process for some period, his hair would definitely become black.

लौहमलामलकल्कैः सजवाकुसुमैर्नरः सदा स्नायी ।
पलितानीह न पश्यति गङ्गास्नायीव नरकाणि ।।७९।।

79. Collect old powder of iron, *āmalakī* and *japā* flowers. Triturate these materials and apply it on hair during night. On the next day wash it while bathing. This measure would alleviate the *palit* disorder as certainly as bathing in Ganges eliminates chances of going to hell.

निम्बस्य बीजानिहिभावितानिभृङ्गस्ततोयेन तथाऽशनस्य ।
तैलन्तुतेषांविनिहन्तिनस्याद्दुग्धाम्बुभोक्तुःपलितंसमूलम् ।।८०।।

80. Treat one litre of *kalka* made out of pulp of *nimba* seeds with the juice of *bhṛingarāja* through *bhāvanā* method for whole night. On the next day triturate it along with decoction of *bhṛinga*. On the third day, triturate the same and dry it. Obtain oil from this compound through *pāṭālayañtra* method and store the oil glass bottle. Use this oil daily in nasal therapy and take rice with milk. This would help in completely alleviating *palit* disorder.

निम्बस्यतैलंप्रकृतिस्थमेवनस्तोनिषिक्तंविधिनायथावत् ।
मासेनगोक्षीरभुजोनरस्यजराग्रदूतं पलितं निहन्ति ।।८१।।

81. *Nasya* (Inhalation Therapy): Use of *neem* oil for *nasya* (inhalation therapy) for one month by a person who is otherwise in a natural state of health

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and who is strong, cures excessive graying of hair because of old age. During this therapy, the patient should take only cow's milk as food.

क्षीरात्समार्कवरसाद् द्विप्रस्थे मधुकात्पले । तैलस्य कुडवं पक्वं तन्नस्यं पलितापहम् ।।८२।।

82. *Nasya*: 192 ml. of oil should be cooked along with 1.50 litre of milk, 1.50 litre of the juice of *bhṛingarāja* and 48 gm. of *madhuka* (*yaṣṭimadhu*). *Nasya* (inhalation therapy) of this oil cures *palita* (graying of hair).

शेलुतैलनस्यम्–

काञ्जीपिष्टशेलुफलमज्जि सच्छिद्रलौहगे । यदर्कतापात्पतति तैलं तन्नस्यम्रक्षणात् ।।८३।।
केशा नीलालिसङ्काशाः सद्यः स्निग्धा भवन्ति च । नयनश्रवणग्रीवादन्तरोगांश्च हन्त्यदः ।।८४।।

83-84. Churn seeds of *śeluphala* with *kānji* and fill it in a siever having very minute holes. Put this siever on another jar and place the same under sunlight. After sometime, with the heat of sun, the oil starts discharging. This oil gets collected into the other jar through the small holes of the seiver. Later filter this oil and preserve it in a glass bottle. Use this oil through nasal therapy and have massage of head with this oil. This makes the hair black like black bee and soft as well. This oil cures indispositions of eyes, ears, neck and teeth.

वृषणकच्छवहिपूतनाचिकित्सा–

काशीशरोचनातुत्थहरितालरसाञ्जनैः । अम्लपिष्टैः प्रलेपोऽयं वृषकच्छवहिपूतयोः ।।८५।।

85. Take equal parts of *kaśīśa*, *gorocana*, *nīla tutthaka*, *haritāla* and *rasāñjana* and churn them along with *kānji*. Apply this *kalka* daily to get relief from the problems of *vṛiṣṇakacchū* and *ahipūtanā*.

शूकरदंष्ट्रकचिकित्सा–

रजनीमार्कवमूलं पिष्टं शीतेन वारिणा तुल्यम् । हन्ति विसर्पं लेपाद्वराहदशनाह्वयं घोरम् ।।८६।।

86. Treatment of Śūkardanṣṭraka:

Obtain roots of *haridrā* and *arka* and churn both these roots along with cold water. Apply this *kalka* to get relief from *visarpa* and *vārāhadaśan* (i.e. *śukardanṣṭrak*).

नाडीचबीजकल्कः पीतो गव्येन सर्पिषा प्रातः । शमयति शूकरदंष्ट्रंसदाहपाकज्वर घोरम् ।।८७।।

87. Pulverize seeds of *nāḍica* and drink the same in adequate quantities along with cow *ghṛitam* on regular basis. Regular consumption of the recipe would cure

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one from burning sensation, *pāka* and fever. This also checks serious types of the *śūkardanṣṭraka* accompanied with other indispositions.

विसर्पोक्तप्रतीकारः कार्यः शूकरदंष्ट्रके ।।८८।।

88. In treating *śūkardanṣṭraka* disease, one should apply all the treatments which have been recommended for curing *visarpa* disorder.

चाङ्गेरीघृतम् (गुदभ्रंशे)–

चाङ्गेरीकोलदध्यम्लनागरक्षारसंयुतम् । घृतमुत्क्वथितं पेयं गुदभ्रंशरुजापहम् ।।
शुण्ठीक्षारावत्र कल्कौ शिष्टन्तु द्रवमिष्यते ।।८९।।

89. Cāngerī Ghṛitam:

Ingredients: *Mūrcchita ghṛitam*, *cāngerī*, *kola*, sour curd, *śunṭhī* and *kṣāra* (alkaline preparation).

Process of Drug-Making: Cook *mūrcchita ghṛitam* (1 kg.) along with *cāngerī* (4 litres), *kola* (4 litre), sour curd (4 litres), *śunṭhī* (125 gm.) and *kṣāra* (alkaline preparation) (125 gm.).

Therapeutic benefits: It cures the pain of prolapsed rectum.

वर्णकघृतम् (मुखकान्तिकरम्)–

मधुकं चन्दनं कङ्गु सर्षपं पद्मकं तथा । कालीयकं हरिद्रा च लोध्रमेभिश्च कल्कितैः ।।९०।।
विपचेद्धि घृतं वैद्यस्तत्पक्वंवस्त्रगालितम् । पादांशंकुङ्कुमं सिक्थं क्षिप्त्वा मन्दानले पचेत् ।।९१।।
तत्सिद्धं शिशिरे नीरे प्रक्षित्याकर्षयेत्ततः । तदेतद्वर्णकं नाम घृतं वक्त्रप्रसादनम् ।।९२।।
अनेनाभ्यासलिप्तं हि बलीभूतमपि क्रमात् । निष्कलङ्केन्दुबिम्बाभं स्याद्विलासवतीमुखम् ।।९३।।

90-93. Varṇaka Ghṛitam:

Ingredients: *Madhuyaṣṭī*, red sandalwood, *kangunidhānya*, white mustard, *padmaka*, *kālīyaka kāṣṭha*, *haridrā*, *lodhra*, *mūrcchita ghṛitam*, water, rosewater, *keśara* and wax.

Process of Drug-Making: Take *madhuyaṣṭī*, red sandalwood, *kangunidhānya*, white mustard, *padmaka*, *kālīyaka kāṣṭha*, *haridrā* and *lodhra*. The combined quantity of these materials should be 250 gm. Prepare *kalka* of these materials. Put this *kalka* in *mūrcchita ghṛitam* (1 kg.) and water (4 litres) and methodologically cook all these materials together. When only a small amount of liquid is left, remove it from the stove and filter it. Subsequently, take rosewater (four times the quantity of *mūrcchita ghṛitam*), compounded *keśara* (125 gm.) and wax (125 gm.). Combine all the materials including the filtered fluid and once

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again cook the preparation on a slow heat. Cook the preparation in such a way that all the liquid should be evaporated and only wax remains in melted condition. At this stage, remove it from the stove and put it in a jar filled with cold water. Take out the obtained *ghṛitam* and place it in a glass jar.

Method of use/Administration: Massage this *ghṛitam* on face.

Therapeutic benefits: It would give relief from *vyanga*, *nīlikā*, wrinkles and the like. After curing these indispositions the face shines like a moon

भृङ्गराजघृतम् (पलिते)–

भृङ्गराजरसे पक्वं शिखिपित्तेन कल्कितम् । घृतं नस्येन पलितं हन्यात्सप्ताहयोगतः ।।९४।।

94. Bhṛingarāja Ghṛitam:

Ingredients: *Mūrcchita ghṛitam*, juice of *bhṛingarāja* and *pitta* of peacock.

Process of Drug-Making: *Mūrcchita ghṛitam* (187 gm.) should be cooked by adding the juice of *bhṛingarāja* (750 ml.) and the *kalka* of the *pitta* of peacock (46 gm.).

Method of use/Administration: Use this recipe for the *nasya* therapy.

Therapeutic benefits: *Nasya* with this medicated *ghṛitam* for one week cures *palita*.

पटोलाद्यं घृतमहिपूतनायाम् (च. द.)–

पटोलपत्रत्रिफलारञ्जनविपाचितम् । पीतं घृतं नाशयति कृच्छ्रामप्यहिपूतनाम् ।।९५।।

95.Paṭolādi Ghṛitam:

Ingredients: *Mūrcchita ghṛitam*, *paṭola* (leaves), *harītakī*, *vibhītakī*, *āmalakī* and *rasāñjana*.

Process of Drug-Making: Get *mūrcchita ghṛitam* (200 gm.) cooked along with *paṭola* (leaves), *harītakī*, *vibhītakī*, *āmalakī* and *rasāñjana* (10 gm. each).

Therapeutic benefits: Intake of this *ghṛitam* cures *ahipūtanā* which is otherwise difficult of cure.

(Cakradatt)

क्षारघृतम्–

मुष्ककं कुटजं गुञ्जां चित्रकं कदलीं वृषम् । अर्कस्नुह्यावपामार्गमश्वमारं बिभीतकम् ।।९६।।
पलाशं पारिभद्रञ्च नक्तमालञ्च सन्दहेत् । ततः प्रस्थं समादाय क्षारस्य षड्गुणाम्भसा ।
त्रिःसप्तकृत्वो विस्राव्य पचेत्सपिस्तदम्बुना ।।९७।।

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कल्कं क्षारत्रयं दत्त्वा नातितीव्रेण वह्निना ।।९८।।
क्षारसर्पिरिदं हन्यान्मषकं तिलकालकम् । पद्मिनीकण्टकं चिप्पमलसं दद्रुसिध्मनी ।।९९।।

96-99. Kṣāra Ghṛitam:

Ingredients: *Bhasmas* of *mūṣkaka*, *kuṭaja* (bark), root of *guñjā*, bark of *citraka*, branch of *banana* plant, *aḍuṣā*, root of *arka*, root and wood of *snuhī*, *pañcānga* of *apāmārga*, bark of *karavīra* plant's root, peels of *vibhītaka* fruit, bark of *palāśa*, bark of *pāribhadra* (a particular *nimba*) and in.

Process of Drug-Making: Take 750 gm. measure *bhasmas* of the following herbs: *mūṣkaka*, *kuṭaja* (bark), root of *guñjā*, bark of *citraka*, branch of *banana*, *aḍuṣā*, root of *arka*, root and wood of *snuhī*, *pañcānga* of *apāmārga*, bark of *karavīra* plant's root, peels of *vibhītaka* fruit, bark of *palāśa* and bark of *pāribhadra* (a particular *nimba*). Dissolve them in water measuring 4.50 litre.

Therapeutic benefits: It checks such diseases as *maṣak*, *tilkālaka*, *padminī kaṇṭaka*, *cipa*, *alasaka*, *dadru* and *sidhma*.

सहाचरघृतम् (न्यच्छादिषु)–

सहाचरतुलाक्वाथे क्वाथे च दशमूलजे । शिरीषस्य कषाये च घृतप्रस्थं विपाचयेत् ।।१००।।
कल्कान्दत्त्वापञ्चकोलंकृमिघ्नं पटुपञ्चकम् । क्षारत्रयं वृश्चिकालीं सिन्दूरमपि गैरिकम् ।।१०१।।
हन्यादेतद् घृतं न्यच्छंनीलिकां तिलकालकम् । अङ्गुलीवेष्टकं पाददारीञ्च मुखदूषिकाम् ।।१०२।।

100-102. Sahācara Ghṛitam:

Ingredients: *Mūrcchita* cow *ghṛitam*, *sahācara*, water, *daśamūla* group of herbs, bark of *śirīṣa*, *pippalī*, *pippalīmūla*, *cavya*, *citraka*, dried ginger, *viḍanga*, rock salt, *samudrī lavaṇa*, *viḍa lavaṇa*, *suvarcala lavaṇa*, *audbhida lavaṇa*, *svarjikṣāra*, *yavakṣāra*, *tañkaṇa*, root of *vṛiścikālī*, *sindūra* and *svarṇa gairika*.

Process of Drug-Making: Prepare decoction of *mūrcchita* cow *ghṛitam* (750 gm.), *sahacara* (5 kg.) in water measuring 12 litre. Decoct the same till the original quantity is reduced to one fourth. Similarly, prepare decoction of *daśamūla* group of herbs (5 kg.) and bark of *śirīṣa* (5 kg.) in water. Obtain their decoctions. Also take *kalka* made out of *pippalī*, *pippalīmūla*, *cavya*, *citraka*, dried ginger, *viḍanga*, rock salt, *samudrī lavaṇa*, *viḍa lavaṇa*, *suvarcala lavaṇa*, *audbhida lavaṇa*, *svarjikṣāra*, *yavakṣāra*, *tañkaṇa*, root of *vṛiścikālī*, *sindūra* and *svarṇa gairika* (11 gm. each). Take this *kalka* and obtain medicinal *ghṛitam* by methodologically cooking all the materials together.

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Therapeutic benefits: The medicinal oil thus obtained is very much effective in curing *nyaca*, *nīlikā*, *tilkālak*, *angulivesṭak*, *pādadāri* and *mukhaduṣikā* disorders.

कुङ्कुमादिघृतम् (नीलिकादिषु)–

कुङ्कुमेन निशाभ्याञ्च कणया वह्निवारिणा । घृतंपक्वं निराकुर्यान्नीलिकां मुखदूषिकाम् ।।१०३।।
सिध्मादींस्त्वग्गदान्सर्वान्व्याधीन्कफसमुद्भवान्।शिरोऽत्तिनाशयेदाशुलावण्यंजनयेत्परम्।।१०४।।
जगतामुपकारायदस्राभ्यांविहितन्त्विदम्।पानेऽभ्यङ्गेतथा नस्ये युक्त्या योज्यं विचक्षणैः ।।१०५।।

103-105. Kumkumādi Ghṛitam:

Ingredients: *Mūrcchita* cow *ghṛitam*, decoction of *citraka's* root, *keśara*, *haridrā*, *dāruharidrā* and *pippalī*,.

Process of Drug-Making: Take *mūrcchita* cow *ghṛitam* (250 gm.), decoction of *citraka's* root (1 litre) and *kalka* made out of *keśara*, *haridrā*, *dāruharidrā* and *pippalī* (15 gm. each), churned on a stone slab with water. Combine all the materials and cook methodologically to obtain medicinal *ghṛitam*.

Method of use/Administration: Use this *ghṛitam* through eating, massaging and nasal therapy.

Therapeutic benefits: This *ghṛitam* is very helpful in alleviating indispositions like *nīlikā*, *mukhaduṣikā*, *sidhma* like skin diseases, *kapha* generated diseases and *śiro roga*. It helps in promoting shine of the body. This medicine has been prepared by Aśvinīkumāras for the benefit of mankind.

मूषिकाद्यं तैलम् (गुदभ्रंशे)–

क्षीरे महत्पञ्चमूलं मूषिकामन्त्रवर्जिताम् । पक्त्वा तस्मिन् पचेत्तैलं वातघ्नौषधसंयुतम् ।
गुदभ्रंशमिदं तैलं पानाभ्यङ्गात्प्रसाधयेत् ।।१०६।।

106. Mūṣikādya Tailam:

Ingredients: Milk, *bṛihat pañcamūla* (roots of *bilva*, *śyoṇāka*, *gambhārī*, *pāṭala* and *ganikṛika*), meat of rat excluding its intestines, *vāta*-alleviating drugs and *mūrcchita* oil.

Process of Drug-Making: Milk (1500 ml.) should be boiled with *bṛihat pañcamūla* (roots of *bilva*, *śyoṇāka*, *gambhārī*, *pāṭali* and *ganikṛika*) (375 gm. each) and the meat (375 gm.) of rat excluding its intestines. By adding this milk and *vāta*-alleviating drugs, *mūrcchita* oil should be cooked.

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Note: In difference of opinion, the rat meat is to be taken in measure of 96 gm., *pañcamūla* also in 96 gm., milk measuring 768 ml. and 3 litres of water. These should be decocted together till one fourth. One should add 144 ml. measure of *mūrcchita* sesame oil to it along with 48 gm. *kalka* of *devadarvādi* group of herbs. Cook all the ingredients properly to obtain medicinal oil. This medicinal oil is to be taken in measure of 12 gm. along with milk. Besides it, one can apply it as a *kalka* as well.

Method of use/Administration: This medicated oil should be used as drink and massage.

Therapeutic benefits: It cures prolapse rectum.

द्विहरिद्रादितैलम् (मुखकान्तिकरम्)–

हरिद्राद्वययष्ट्याह्वकालीयककुचन्दनैः । प्रपौण्डरीकमञ्जिष्ठापद्मपद्मककुङ्कुमैः ।।१०७।।
कपित्थतिन्दुकप्लक्षवटपत्रैः पयोऽन्वितैः । लेपयेत्कल्कितैरेभिस्तैलञ्चाभ्यञ्जनं चरेत् ।।१०८।।
पिप्लवंनीलिकांव्यङ्गांस्तिलकान्मुखदूषिकाम् । नित्यसेवीजयेत्क्षिप्र मुखं कुर्यान्मनोरमम् ।।१०९।।

107-109. Dviharidrādi Tailam:

Ingredients: *Haridrā*, *dāruharidrā*, *yaṣṭimadhu*, *kālīyaka*, *kucandana*, *prapaunḍarīka*, *manjiṣṭhā*, *padma*, *padmaka*, *kumkuma*, leaves of *kapittha*, *tinduka*, *plākṣa*, *vāta* and milk.

Process of Drug-Making: Prepare a *kalka* of *haridrā*, *dāruharidrā*, *yaṣṭimadhu*, *kālīyaka*, *kucandana*, *prapaunḍarīka*, *manjiṣṭhā*, *padma*, *padmaka*, *kumkuma* and leaves of *kapittha*, *tinduka*, *plākṣa* and *vaṭa* (12 gm. each) by triturating them along with milk. Optionally, *mūrcchita* oil (375 ml.) can be cooked along with the above mentioned *kalka*.

Method of use/Administration: Use this *kalka* externally over the face. The oil can also be used for massaging over the face.

Therapeutic benefits: Use of the above mentioned two recipes makes the face beautiful.

मञ्जिष्ठाद्यं तैलम् मुखकान्तिकरम् (च. द.)–

मञ्जिष्ठा मधुक लाक्षा मातुलुङ्गं सयाष्टकम् । कर्षप्रमाणैरेतैस्तु तैलस्य कुडवं तथा ।।११०।।
आजं पयस्तद्द्विगुणं शनैमृद्वग्निना पचेत् । नीलिकापिडकाव्यङ्गानभ्यङ्गादेव नाशयेत् ।।१११।।
मुखं प्रसन्नोपचितं वलीपलितवर्जितम् । सप्तरात्रप्रयोगेण भवेत्कनकसन्निभम् ।।११२।।

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110-112. Manjiṣṭhādya Tailam:

Ingredients: Milk, *manjiṣṭhā*, *madhuka*, *lākṣā*, *mātulunga*, *madhuyaṣṭī*, and *mūrcchita* sesame oil.

Process of Drug-Making: Prepare *kalka* of the following by churning them along with milk: *manjiṣṭhā*, *madhuka*, *lākṣā*, *mātulunga* and *madhuyaṣṭī* (12 gm. each). Compound the *kalka* with the sesame oil (180 ml.) and milk (375 ml.). Cook the same till the milk component in it get saturated. Following that add water to the preparation and continue the cooking. When the water get evaporated discontinue the cooking.

Method of use/Administration: Daily apply either *kalka* or massage oil on face and other parts.

Therapeutic benefits: Regular application would relieve one from indispositions like *piplav* (*jatumani*), *nīlikā*, *vyang*, *tilak* and *mukhaduṣika* (pimples).

(Cakradatt)

कनकतैलम् मुखकान्तिकरम् (च. द.)–

मधुकस्य कषायेण तैलस्य कुडवं पचेत् । कल्कैः प्रियङ्गुमञ्जिष्ठाचन्दनोत्पलकेशरैः ।।११३।।
कनकं नाम तत्तैलं मुखकान्तिकरं परम् । अभीरुनीलिकाव्यङ्गशोधनं परमार्च्चितम् ।।११४।।

113-114. Kanaka Tailam:

Ingredients: *Madhuyaṣṭī*, *kalka* of *priyangu*, *manjiṣṭhā*, red sandalwood, *nīlakamal*, *nāgakeśara*, *mūrcchita* sesame oil and water.

Process of Drug-Making: Take 750 ml. measure of *madhuyaṣṭī's* decoction, *kalka* prepared out of *priyangu*, *manjiṣṭhā*, red sandalwood, *nīlakamal* and *nāgakeśara* (8 gm. each), 187 ml. measure of *mūrcchita* sesame oil and 750 ml. measure of water. Combine all these materials together and methodologically cook them slowly to obtain medicinal oil.

Therapeutic benefits: Application of this oil cures *abhīru*, *nīlikā*, and *vyanga* disorders and the like. This oil keeps face in pleasant state, promotes a good cheeks, alleviates body from *vali palit* disorder and makes body shine like gold.

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कुङ्कुमाद्यं तैलम् (च. द.)–

कुङ्कुमं चन्दनं लाक्षा मञ्जिष्ठा मधुयष्टिका । कालीयकमुशीरञ्च पद्मकं नीलमुत्पलम् ।।११५।।
न्यग्रोधपादाःप्लक्षस्यशुङ्गाःपद्मस्यकेशरम् । द्विपञ्चमूलसहितैःकषायैः पलिकैः पृथक् ।।११६।।
जलाढकं विपक्तव्यं पादशेषमथोद्धरेत् । मञ्जिष्ठा मधुकं लाक्षा पत्तङ्गमधुयष्टिके ।।११७।।
कर्षप्रमाणैरेतैस्तु तैलस्य कुडवं पचेत् । अजाक्षीरं द्विगुणितं शनैमृद्वग्निना पचेत् ।।११८।।
सम्यक् पक्वं परं ह्येतन्मुखवर्णप्रसादनम् । नीलिकापिडकाव्यङ्गानभ्यङ्गादेव नाशयेत् ।।११९।।
सप्तरात्रप्रयोगेण भवेत्काञ्चनसन्निभम् । कुङ्कुमाद्यमिदं तैलमश्विभ्यां निर्मितं पुरा ।।१२०।।

115-120. Kumkumādya Tailam:

Ingredients: *Kumkuma*, *candana*, *lākṣā*, *manjiṣṭhā*, *yaṣṭimadhu*, *kālīyaka*, *uśīra*, *padmaka*, *nīlotpala*, adventitious roots of *nyagrodha* and *plākṣa*, androcium of lotus and roots of *bilva*, *śyoṇāka*, *gambhārī*, *pāṭala*, *ganikārika*, *śālaparṇī*, *pṛiśniparṇī*, *bṛihatī*, *kañṭakārī*, water, *mūrcchita* oil, goat's milk and *kalka* of *manjiṣṭhā*, *kumkuma*, *lākṣā*, *patañga* and *yaṣṭimadhu*.

Process of Drug-Making: Take 46 gm. each of *kumkuma*, *candana*, *lākṣā*, *manjiṣṭhā*, *yaṣṭimadhu*, *kālīyaka*, *uśīra*, *padmaka*, *nīlotpala*, adventitious roots of *nyagrodha* and *plākṣa* along with androcium of lotus. Also take 46 gm.each of roots of *bilva*, *śyoṇāka*, *gambhārī*, *pāṭala*, *ganikārika*, *śālaparṇī*, *pṛiśniparṇī*, *bṛihatī* (both varieties) and *kañṭakārī*. Cook these ingredients in water measuring 3 litre until it is reduced to one fourth. Add to this decoction, 187 ml. of *mūrcchita* oil and 375 ml. of goat's milk. Also add to the preparation a *kalka* prepared out of *manjiṣṭhā*, *kumkuma*, *lākṣā*, *patañga* and *yaṣṭimadhu* (12 gm. each). Cook the preparation methodologically over mild fire and obtain medicated oil.

Method of use/Administration: This medicated oil is to be used for massage of over the face. By this massage for seven nights the face looks like gold.

Therapeutic benefits: This medicated oil is an excellent recipe for promoting the complexion of face and for curing *nīlikā*, *pīḍaka* and *vyanga*. This is called *Kumkumādya Taila*. In the days of antiquity it was propounded by the Aśvins.

(Cakradatt)

कुङ्कुमाद्यं तैलमपरम् (च. द.)–

कुङ्कुमं किंशुकं लाक्षा मञ्जिष्ठा रक्तचन्दनम् । कालीयकंपद्मकं च मातुलुङ्ग सकेशरम् ।।१२१।।
कुसुम्भं मधुयष्टी च फलिनी मदयन्तिका । निशे द्वे रोचना पद्ममुत्पलञ्च मनःशिला ।।१२२।।
काकोल्यादिंसमायुक्तैरेतैरक्षसमैर्भिषक् । लाक्षारसपयोभ्याञ्च तैलप्रस्थं विपाचयेत् ।।१२३।।
कुङ्कुमाद्यमिदं तैलमभ्यङ्गात्काञ्चनोपमम् । करोति वदनं सद्यः पुष्टिलावण्यकान्तिदम् ।।
सौभाग्यलक्ष्मीजननं वशीकरणमुत्तमम् ।।१२४।।

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121-124. Kumkumādya Tailam (Second Recipe):

Ingredients: *Kumkuma, kimśuka, lākṣā, manjiṣṭhā, rakta candana, kālīyaka, padmaka, mātulunga, keśara, kusumbha, yaṣṭimadhu, priyangu, madayantikā* flowers, *haridrā, dāru haridrā, gorocana, padma, utpala, manahśilā,* drugs belonging to *kakokalyādi* group, *lākṣā,* cow milk, *mūrcchita* sesame oil and rosewater.

Process of Drug-Making: Take 12 gm. each of *kumkuma, kimśuka, lākṣā, manjiṣṭhā, rakta candana, kālīyaka, padmaka, mātulunga, keśara, kusumbha, yaṣṭimadhu, priyangu, madayantikā* flowers, *haridrā, dāru haridrā, gorocana, padma, utpala, manahśilā* and each of the drugs belonging to *kakokalyādi* group. Prepare a *kalka* out of these ingredients excluding *keśara*. Take decoction of *lākṣā* measuring 3 litre and 3 litre each of cow milk and *mūrcchita* sesame oil. Combine all the ingredients together and cook the preparation. Add to it *keśara* that has been pasted along with rosewater.

Method of use/Administration: Use this oil for massaging over face.

Therapeutic benefits: This oil makes the face shine like gold and instantaneously promotes plumpness, glaze and complexion of the face. It produces auspiciousness, grace and attractiveness of the face.

(Cakradatt)

द्विहरिद्राद्यं तैलं द्वितीयम् (अरूंषिकायाम्)–

हरिद्राद्वयभूनिम्बत्रिफलाऽरिष्टचन्दनैः । एततैलमरूंषीणां सिद्धमभ्यञ्जने हितम् ।।१२५।।

125. Dviharidrādya Tailam (Second Recipe):

Ingredients: *Mūrcchita* oil, *haridrā, dāru haridrā, bhūnimba, harītakī, vibhītakī, āmalakī, ariṣṭa* (*nimba*) and *candana*.

Process of Drug-Making: Get *mūrcchita* oil cooked along with *haridrā, dāru haridrā, bhūnimba, harītakī, vibhītakī, āmalakī, ariṣṭa* (*nimba*) and *candana*.

Method of use/Administration: Use this oil for massage.

Therapeutic benefits: It is useful in the treatment of *arumsika* (dandruff)

त्रिफलाद्यं तैलं रूक्षिकायाम् (च. द.)–

त्रिफलाऽयोरजोयष्टिमार्कवोत्पलशारिवैः । सर्सन्यवैः पचेत्तैलमभ्यङ्गाद्रूक्षिकां जयेत् ।।१२६।।

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126. Tṛiphalādya Tailam:

Ingredients: *Haraḍa*, *vibhītaka*, *āmalakī*, *lauha* powder, *bhṛingarāja*, *nīlakamal*, *anantamūla*, rock salt, *mūrcchita* sesame oil and water.

Process of Drug-Making: Obtain *kalka* prepared out of *haraḍa*, *vibhītaka*, *āmalakī*, *lauha* powder, *bhṛingarāja*, *nīlakamal*, *anantamūla* and rock salt (21 gm. each). Methodologically cook the *kalka* along with *mūrcchita* sesame oil (750 ml.) and water (3 litres).

Therapeutic benefits: Application of this oil helps in alleviating the *rukṣika* indisposition.

(Cakradatt)

चित्रकाद्यं तैलं केशदद्रुघ्नम् (च. द.)–

चित्रकं दन्तिमूलञ्च कोषातकिसमन्वितम् । कल्कं पिष्ट्वा पचेत्तैलं केशदद्रुविनाशनम् ।।१२७।।

127. Citrakādya Tailam:

Ingredients: *Citrakamūla*, *dantīmula*, *koṣātaki*, *mūrcchita* sesame oil and water.

Process of Drug-Making: Prepare *kalka* of *citrakamūla tvak*, *dantīmula* and *koṣātaki* (80 gm. each). Take 1 litre measure of *mūrcchita* sesame oil and 4 litre measure of water. Combine all these three materials and methodologically cook to obtain oil.

Method of use/Administration: Apply this oil on scalp.

Therapeutic benefits: It would check the *keśadadru* disease.

(Cakradatt)

गुञ्जातैलं कण्ड्वादिषु (च. द.)–

गुञ्जाफलैः पचेत्तैलं भृङ्गराजरसेन तु । कण्डूदारुणजित्कुष्ठकपालव्याधिनाशनम् ।।१२८।।

128. Guñjā Tailam:

Ingredients: *Guñjā* fruit, *mūrcchita* sesame oil and juice of *bhṛingarāja*.

Process of Drug-Making: Obtain *kalka* of *guñjā* fruit (250 gm.), *mūrcchita* sesame oil (1 litre) and juice of *bhṛingarāja* (4 litres). Combine these materials and cook the preparation methodologically to obtain oil.

Method of use/Administration: Use this oil for massage.

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Therapeutic benefits: It would provide relief from indispositions like *kanḍu*, *dāruṇaka*, *kuṣṭha* and *śrīroga*.

(Cakradatt)

भृङ्गराजतैलं स्वल्पं दारुणघ्नम् (च. द.)–

भृङ्गरजस्त्रिफलोत्पलशारिव लौहपुरीषसमन्वितकारि ।
तैलमिदं पच दारुणहारि कुञ्चित केशघनस्थिरकारि ।।१२९।।

129. Bhṛingarāja Tailam (Minor Recipe):

Ingredients: *Bhṛingarāja*, *harītakī*, *vibhītakī*, *āmalakī*, *utpala*, *śārivā* (*anantamūla*), *manḍūra cūrṇa*, stone of mango, water and *mūrcchita* sesame oil.

Process of Drug-Making: Take 35 gm. measure each of *bhṛingarāja*, *harītakī*, *vibhītakī*, *āmalakī*, *utpala*, *śārivā* (*anantamūla*), *manḍūra cūrṇa* and stone of mango. Compound them into a *kalka*. Cook this *kalka* along with water measuring 4 litre and *mūrcchita* sesame oil measuring 1 litre.

Therapeutic benefits: Application of this medicated oil helps in the growth of curly, compact and strong hairs.

(Cakradatt)

भृङ्गराजतैलम् महत्–

अनूपदेशसम्भूतं गृहीत्वा मार्कवं शुभम् । सुधौतं जर्जरीकृत्य स्वरसं तस्य चाहरेत् ।।१३०।।
चतुर्गुणेन तेनैव तैलप्रस्थं विपाचयेत् । क्षीरपिष्टैरिमैर्द्रव्यैः संयोज्य मतिमान् भिषक् ।।१३१।।
मञ्जिष्ठा पद्मकं लोध्रं चन्दनं गैरिकं बला । रजन्यौ केशरञ्चैव प्रियङ्गु मधुयष्टिका ।।१३२।।
प्रपौण्डरीकंगोपीचपालिकान्यत्रदापयेत् । सम्यक्पक्वं ततो नीत्वा शुभे भाण्डे निधापयेत् ।
केशपाते शिरोदुष्टे मन्यास्तम्भे गलग्रहे । शिरःकर्णाक्षिरोगेषु नस्येऽभ्यङ्गे च योजयेत् ।।१३४।।
कुञ्चिताग्रानतिस्निग्धान्कचान्कुर्याद्बहूंस्तथा । खालित्यमिन्द्रलुप्तञ्च तैलमेतद्
व्यपोहति ।।१३५।।

130-135. Bhṛingarāja Tailam (Major Recipe):

Ingredients: Juice of *bhṛingarāja*, *mūrcchita* sesame oil, *manjiṣṭhā*, *padmaka*, *lodhra*, *candana*, *gairika*, *balā*, *haridrā*, *dāru haridrā*, *keśara*, *priyangu*, *yaṣṭimadhu*, *prapaunḍarīka*, *gopi*, *palika* and water.

Process of Drug-Making: Obtain 3 litre juice of *bhṛingarāja* that has been grown in marshy land and mix it in *mūrcchita* sesame oil measuring 750 ml. Prepare a *kalka* out of *manjiṣṭhā*, *padmaka*, *lodhra*, *candana*, *gairika*, *balā*, *haridrā*, *dāru haridrā*, *keśara*, *priyangu*, *yaṣṭimadhu*, *prapaunḍarīka*, *gopi* and

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palika (46 gm. each). Mix all the ingredients together and add 3 litre of water to the preparation. Cook the preparation and obtain medicinal oil. Keep this oil in a clean container.

Method of use/Administration: Use this medicated oil as *nasya* (inhalation therapy).

Therapeutic benefits: It cures falling of hair, headache, *manyāstambha* (torticolis), *hanugraha* (stiffness of jaw bones), premature graying of hair, *dāruṇa*, *varuṇa* and diseases of teeth, ears and eyes. It helps in the growth of curly, soft and compact hair. For the cure of *khālitya* (baldness) and *indralupta*.

प्रपौण्डरीकाद्यं तैलम् प्रतिमर्शे (च. द.)–

प्रपौण्डरीकमधुकपिप्पलीचन्दनोत्पलैः । कार्षिकैस्तैलकुडवस्तैर्द्विरामलकीरसः ।।१३६।।
साध्यः सप्रतिमर्शः स्यात् सर्वशीर्षगदापहः ।।१३७।।

136-137. Prapaunḍarīkādya Tailam:

Ingredients: *Mūrcchita* oil, *prapaunḍarīka*, *madhuka*, *pippalī*, *candana*, *utpala* and juice of *āmalakī*.

Process of Drug-Making: Get 187 ml. of *mūrcchita* oil and cook it along with the *kalka* of *prapaunḍarīka*, *madhuka*, *pippalī*, *candana* and *utpala* (taken 12 gm. each) and 375 ml. of the juice of *āmalakī*.

Method of use/Administration: This medicated oil should be used for *nasya* (inhalation therapy) and *abhyañjana* (massage).

Therapeutic benefits: It cures all diseases of the head, neck and *palita* (graying of hair). Administration of *pratimarśa nasya* (a type of inhalation therapy) with this oil cures all head-diseases

(Cakradatt)

मालत्याद्यं तैलम् इन्द्रलुप्तघ्नम् (च. द.)–

मालतीकरवीराग्निनक्तमालविपाचितम् । तैलमभ्यञ्जने शस्तमिन्द्रलुप्तापहं परम् ।।
इदं हि त्वरितं हन्ति दारुण दारुणं नृणाम् ।।१३८।।

138. Mālatyādya Tailam:

Ingredients: *Mūrcchita* oil, *mālatī*, *karavīra* (root barks), *agni* (*citraka*-root bark) and *naktamalā* (seeds)

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Process of Drug-Making: Methodologically cook *mūrcchita* oil (1 litre) with *kalka* (250 gm.) of the herbs *mālatī*, *karavīra* (root barks), *agni* (*citraka*-root bark) and *naktamalā* (seeds) taken in equal parts.

Method of use/Administration: Use this oil for massage.

Therapeutic benefits: It is an excellent cure for *indralupta* (serious type of baldness). It also cures *dāruṇa* instantaneously.

(Cakradatt)

स्नुह्याद्यं तैलम्-इन्द्रलुप्तघ्नम् (च. द.)-

स्नुहीपयः पयोऽर्कस्य मार्कवोलाङ्गलीविषम् । मूत्रमाजं सगोमूत्रं रक्तिका सेन्द्रवारुणी ।।१३९।।
सिद्धार्थतीक्ष्णतैलश्चगर्भंदत्त्वा विचक्षणः । वंह्निना मृदुना पक्वं तैलं खालित्यानाशनम् ।।१४०।।
कूर्मपृष्ठसमानाऽपि रुज्या या रोमतस्करी । दिग्धा साऽनेन जायेत ऋक्षंशारीरलोमशा ।।१४१।।

139-141. Sanuhayādya Tailam:

Ingredients: *Mūrcchita* Mustard or sesame oil, cow urine, urine of goat, *snuhī* (latex), *arka*, *mārkava* (*bhṛingarāja*), *lāngalī*, *viṣa*, *raktikā* and *indravāruṇī*.

Process of Drug-Making: Obtain *mūrcchita* mustard or sesame oil measuring 1 litre, cow urine measuring 2 litre and urine of goat also measuring 2 litre. Prepare a *kalka* out of the following herbs: *snuhī* (latex), *arka*, *mārkava* (*bhṛingarāja*), *lāngalī*, *viṣa*, *raktikā* and *indravāruṇī* (28 gm. each). Combine all these ingredients together and cook medicinal oil.

Method of use/Administration: Apply this on bald head.

Therapeutic benefits: Application of this medicated oil cures *khālitya* (baldness). By the application of this oil, the bald head which is absolutely free from hair like the back of tortoise, becomes full of hairs like the body of a bear.

(Cakradatt)

आदित्यपक्वगुडूचीतलं केशरोहणकृत् (च. द.)–

वटावरोहकेशिन्योश्यूर्णेनादित्यपाचितम् । गुडूचीस्वरसे तैलमभ्यङ्गात् केशरोहणम् ।।१४२।।

142. Ādi tya Pakvaguḍūcī Tailam:

Ingredients: *Vātajaṭānkur*, *bhūtakeśi*, *guḍūcī* juice and *mūrcchita* mustard or sesame oil.

Process of Drug-Making: Take *kalka* made out of *vātajaṭānkur* (125 gm.) and *bhūtakeśi* (125 gm.), 4 litre of *guḍūcī* juice and 1 litre measure of *mūrcchita*

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mustard or sesame oil. (One can also take juice of *guḍūcī* and *mūrcchita* oil in equal quantities). Combine all these materials and cook them under the intense sunlight during the months of summers (*vaiśākha* and *jyeṣṭha*). The oil thus cooked should be sieved.

Method of use/Administration: Apply on bald head.

Therapeutic benefits: Application of this oil on bald heads would grow hair over there.

(Cakradatt)

चन्दनाद्यं तैलं केशरोहणकृत् (च. द.)–

चन्दनं मधुकं मूर्वा त्रिफला नीलमुत्पलम् । कान्ता वटावरोहश्च गुडूची-विसमेव च ।।१४३।।
लौहचूर्णं तथा केशा शारिवे द्वे तथैव च । मार्कवस्वरसेनैव तैलं मृद्वग्निना पचेत् ।।१४४।।
शिरस्युपचिताः केशा जायन्ते घनकुञ्चिताः । स्निग्धाश्च दृढमूलाश्च तथा भ्रमरसन्निभाः ।।
नस्येन कालपलितं निहन्त्यात्तैलमुत्तमम् ।।१४५।।

143-145.Candanādya Taila:

Ingredients: *Candana*, *madhuka* (*yaṣṭimadhu*), *mūrvā*, *harītakī*, *vibhītaka*, *āmalakī*, *nīlotpala*, *kānta* (*priyangu*), adventitious roots of *vāta*, *guḍūcī*, *śunṭhī*, *lauha bhasma*, *bhūtakeśi*, *śārivā*, *kṛiṣṇa śārivā*, juice of *bhṛingarāja* and *mūrcchita* sesame oil.

Process of Drug-Making: Prepare 250 ml. *kalka* of the following herbs taken in equal parts: *candana*, *madhuka* (*yaṣṭimadhu*), *mūrvā*, *harītakī*, *vibhītaka*, *āmalakī*, *nīlotpala*, *kānta* (*priyangu*), adventitious roots of *vāta*, *guḍūcī*, *śunṭhī*, *lauha bhasma*, *bhūtakeśi*, *śārivā* and *kṛiṣṇa śārivā* (16 gm. each). Take juice of *bhṛingarāja* measuring 4 litre and *mūrcchita* sesame oil measuring 1 litre. Cook all the above ingredients above together.

Method of use/Administration: Apply on head and take *nasya* (inhalation).

Therapeutic benefits: By the use of this medicated oil, hairs become curly, compact, deep rooted, very long and black like the colour of black-bee. *Nasya* (inhalation) therapy with this medicated oil is excellent for curing premature graying of hair.

(Cakradatt)

यष्टीमध्वाद्यं तैलं केशरोहणकृत् (च. द.)–

तैलं सयष्टीमधुकैःक्षीरेधात्रीफलैः शृतम् । नस्ये दत्तं जनयति केशाञ्श्मश्रुणि चाप्यथ ।।१४६।।

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146. Yaṣṭimadhvādya Tailam:

Ingredients: *Mūrcchita* sesame oil, *madhuyaṣṭī*, *āmalakī*, milk and water.

Process of Drug-Making: Take *mūrcchita* sesame oil (1 litre), *kalka* of *madhuyaṣṭī* and *āmalakī* (125 gm. each), milk (1 litre) and water (1 litre). Combine these materials together and cook the preparation methodologically to obtain medicinal oil.

Method of use/Administration: Regular external application and nasal therapy.

Therapeutic benefits: This oil would help one to regain lost hair, moustache and beard.

(Cakradatt)

महानीलतैलम् पलितघ्नम् (च. द.)–

आदित्यवल्ल्या मूलानि कृष्णशैरीयकस्यच । सुरसस्यचपत्राणि फलं कृष्णशणस्य च ।।१४७।।
मार्कवः काकमाची चमधुकं देवदारु च । पृथग्दशपलांशानि पिप्पल्यस्त्रिफलाऽञ्जनम् ।।१४८।।
प्रपौण्डरीकंमञ्जिष्ठालोध्रंकृष्णागुरुत्पलम् । आम्रास्थिकर्दमःकृष्णोमृणाली रक्तचन्दनम् ।।१४९।।
नीलीभल्लातकास्थीनिकाशीशंमदयन्तिका । सोमराज्यशनःशस्त्रंकृष्णौपिण्डीतचित्रकौ ।।१५०।।
पुष्पाण्यर्जुनकाश्मर्योराम्रजम्बूफलानि च । पृथक् पञ्चपलैर्भागैः सुपिष्टैराढकं पचेत् ।।१५१।।
बिभीतकस्य तैलस्य धात्रीरसचतुर्गुणम् । कुर्यादादित्यपाकं वा यावच्छुष्को भवेद्रसः ।।१५२।।
लौहपात्रे ततः पूतं संशुद्धमुपयोजयेत् । पाने नस्यक्रियायाञ्च शिरोऽभ्यङ्गे तथैव च ।।१५३।।
एतच्चक्षुष्यमायुष्यं शिरसः सर्व रोगनुत् । महानीलमिति ख्यातं पलितघ्नमनुत्तमम् ।।१५४।।

147-154. Mahānila Tailam:

Ingredients: Root of *âdityavallī*, root of *kṛiṣṇaśairīyaka*, *tulasī patra*, seeds of black *śāṇa*, *bhṛingarāja*, *kākamācī*, *madhuyaṣṭī*, *devadāru*, *pippalī*, *triphalā*, *rasāñjana*, *puṇḍarīka kāṣṭha*, *manjiṣṭhā*, *lodhra*, *aguru*, *nīlakamal*, pulp of mango stone, black mud around the roots of lotus, stem (*nāla*) of lotus, red sandalwood, root of *nīla* tree, purified *bhallātaka*, *hīraka*, *kaśīśa*, *madayantikā* (*mallikā*), *vākucī*, bark of *asana* (*pītaśāla*), *śastra* i.e. *lauha* powder, bark of black flowered *madana* tree, root of black *citraka*, flowers of *arjuna*, flowers of *gambhārī*, fruits of mango and *jambū*, oil of *vibhītaka*, juice or decoction of *āmalakī*.

Process of Drug-Making: Take the following: root of *âdityavallī*, root of *kṛiṣṇaśairīyaka*, *tulasī patra*, seeds of black *śāṇa*, *bhṛingarāja*, *kākamācī*, *madhuyaṣṭī* and *devadāru* (each material in separate form and in measure of 500 gm. each). Also take 250 gm. each of *pippalī*, *triphalā*, *rasāñjana*, *puṇḍarīka*

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kāṣṭha, *manjiṣṭhā*, *lodhra*, *aguru*, *nīlakamal*, pulp of mango stone, black mud around the roots of lotus, stem (*nāla*) of lotus, red sandalwood, root of *nīla* tree, purified *bhallātaka*, *hīraka*, *kaśīśa*, *madayantikā* (*mallikā*), *vākucī*, bark of *asana* (*pītaśāla*), *śaṣṭra* i.e. *lauha* powder, bark of black flowered *madana* tree, root of black *citraka*, flowers of *arjuna*, flowers of *gambhārī*, fruits of mango and *jambū*. Prepare a *kalka* of all these materials. Collect the *kalka* in an iron ware along with oil of *vibhītaka* (3 litres) and juice or decoction of *āmalakī* (12 litres). Place the jar under intense sunlight and let all the fluid evaporate from it. When it is totally dry, sieve it and preserve in glass bottle. Later collect the compound in iron ware and cook it methodologically on a slow heat.

Method of use/Administration: The oil thus obtained should be used for eating, for nasal therapy and for massage.

Therapeutic benefits: Application of this oil would cure all disorders of head and eye problem. This medicine is known as *Mahānila* Oil. Its regular use on head would alleviate the problem of *palit*.

(Cakradatt)

सप्तच्छदादितैलम् पद्मिनीकण्टकादिषु–

सप्तच्छदस्य वासायाः पिचुमर्द चाम्भसा । तैलप्रस्थं पचेत्कल्कैर्निशादार्वीफलत्रिकैः ।।१५५।।
व्योषेन्द्रयवमञ्जिष्ठाखदिरक्षारसैन्धवैः । गोमूत्रस्याढकं दत्त्वा शनैश्च मृदुनाऽग्निना ।।१५६।।
पद्मिनीकण्टकं चिप्पं कदरं व्यङ्गनीलिके । जालगर्दभकञ्चैतत्त्वग्गदांश्च विनाशयेत् ।।१५७।।

155-157. Saptacchadādi Tailam:

Ingredients: *Mūrcchita* sesame oil, decoction of bark of *satpaparṇa*, *aḍuṣā*, *pañcānga*, *nimbacal*, *kalka* of *haridrā*, *dāru haridrā*, *haraḍa*, *vibhītaka*, *āmalakī*, dried ginger, *marica*, *pippalī*, *indrayava*, *manjiṣṭhā*, bark of *khadira*, *yavakṣāra*, rock salt and cow urine.

Process of Drug-Making: Get the following materials: *mūrcchita* sesame oil (1 litre approx), 4 litres (approx.) measure decoction of bark of *satpaparṇa*, *aḍuṣā*, *pañcānga* and *nimbacal*. Also prepare *kalka* of the following materials measuring 18 gm. each: *haridrā*, *dāru haridrā*, *haraḍa*, *vibhītaka*, *āmalakī*, dried ginger, *marica*, *pippalī*, *indrayava*, *manjiṣṭhā*, bark of *khadira*, *yavakṣāra* and rock salt. Take cow urine (3 litres) and methodologically cook all the materials together to obtain medicinal oil.

Method of use/Administration: Use this oil for massage.

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Therapeutic benefits: This oil is very much effective in curing *padminīkanṭaka*, *cippa*, *kadara*, *vyaṇga*, *nīlikā*, *jālgardhabha* and all skin diseases.

चन्द्रप्रभारसः–

चन्द्रप्रभां तुगाक्षीरी सैन्धवञ्च शिलाजतु । कौशिकञ्चाक्षमानन्तु हेमारं रौप्यमभ्रकम् ।।१५८।।
माक्षिकं शाणमात्रञ्च मधुना परिमर्दयेत् । ततो द्विवल्लमानेन वटिकाः परिकल्पयेत् ।।१५९।।
अनुपानविशेषेण योजितोऽयं महारसः । सर्वान् क्षुद्रगदान् हन्ति प्रमेहानपि दुस्तरान् ।।१६०।।
वातव्याधीनशेषांश्च पित्तजान् कफसम्भवान् । चिरप्रणष्टमग्निञ्च दीपयेज्जनयेद्बलम् ।।१६१।।

158-161. Candra Prabhā Rasa:

Ingredients: *Candra prabhā* and camphor, *vanśalocana*, rock salt, purified *śilājatu*, purified *guggulu*, *svarṇa bhasma*, *pīttala bhasma*, *rajata bhasma*, *abhraka bhasma*, *svarṇamākṣika bhasma* and honey.

Process of Drug-Making: Take 12 gm. each of *candraprabhā*, camphor, *vanśalocana*, rock salt, purified *śilājātu*and purified *guggulu*. Also take 3 gm. each of *svarṇa bhasma*, *pīttala bhasma*, *rajata bhasma*, *abhraka bhasma* and *svarṇamākṣika bhasma*. Triturate all these materials along with honey (as per requirement) for one whole day. Prepare pills in measurement of 250 mg. each.

Method of use/Administration: Consume this medicine with proper *anupānas*.

Therapeutic benefits: It cures all types of *kṣuda roga*, difficult *prameha* (i.e. urinary disorders including diabetes), all *vāta*, *pitta* and *kapha* generated disorders. This medicine also promotes the digestive power which has been diminishing constantly.

अमृताङ्कुरवटी–

अमृतं पारदं गन्धं लौहमभ्रं शिलाजतु । गुञ्जामात्रां वटीं कुर्यान्मर्दयित्वाऽमृताम्भसा ।।१६२।।
एषाऽमृताङ्कुरवटी पीता धात्र्यम्भसा सह । क्षुद्ररोगानशेषांस्तु गदान् पित्तास्रकोपजान् ।।१६३।।
ज्वरं जीर्णं प्रमेहञ्च कार्श्यमग्निक्षयंतथा । नाशयेज्जनयेत्पुष्टिं कान्तिं मेधां शुभां मतिम् ।।१६४।।

162-164. Amṛitānkura Vaṭī:

Ingredients: Purified *vatsanābha*, purified *pārada*, purified *gandhaka*, *lauha bhasma*, *abhraka bhasma*, purified *śilājātu* and juice or decoction of *guḍūcī*.

Process of Drug-Making: Obtain equal parts of purified *vatsanābha*, purified *pārada*, purified *gandhaka*, *lauha bhasma*, *abhraka bhasma* and purified *śilājatu*.

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Triturate these materials collectively with juice or decoction of *guḍūcī* for one day. Prepare pills measuring 125 mg. each.

Method of use/Administration: Consume this medicine along with juice or decoction of *āmalakī*.

Therapeutic benefits: This medicine effectively checks indispositions like *kṣudra roga*, all *pitta* and *rakta* generated disorders, *jīrṇa jvara*, *prameha* (i.e. urinary disorders including diabetes), *kṛiśatā*, *agnimāndya* and the like. It promotes complexion, memory power, intellect and physique.

शय्यामूत्रचिकित्सा–

कृतमूत्रार्द्रभूभागमृदमाकृष्य खोलके । सम्भर्ज्य मधुसर्पिर्भ्यां लेहयेन्मूत्रितं जनम् ।।१६५।।
शय्यायां मूत्ररोधः स्यान्मूत्रितस्य न संशयः ।।१६६।।

165-166. Collect sand which has been wet by the urine of those persons who have the tendency to pass urine while sleeping. Prepare pills of this sand and fry it. Take 1-3 gm. of this pill and lick it along with 3 gm. of honey and 4 gm. *ghṛitam*. Regular consumption of this pill would correct the tendency of passing urine while sleeping.

शय्यामूत्रविनाशाय बिम्बीमूलभवो रसः । अहिफेनप्रयोगोऽपि दृष्टः सद्यः फलप्रदः ।।१६७।।

167. Drinking 24 gm. measure of *bimbī* root's juice also corrects the tendency of passing urine while sleeping. Also, eating *ahiphena* (opium) (from 32 mg. to 125 mg.) during sleeping checks this tendency.

अथलोमशातनविधिः ।

लेपाः–

तप्ताम्भसा सुधां तालं पिष्ट्वा द्वयमनुत्तमम् । लेपनं विस्मयकरं सत्वरं लोमशातनम् ।।१६८।।

168. Churn *haritāla* and powder of de-blazed lime pieces along with warm water. Application of this *kalka* would immediately cause the undesired hair to fall.

कदल्याः स्वरसैरेव दग्धं शङ्खं तु पेषितम् । सार्द्धं तुल्येन तालेन लेपितं लोमशातनम् ।।१६९।।

169. Burn *śankha* and lit it off through the juice of banana plant's trunk. Take same amount of *haritāla* and churn both of them along with juice of banana. Apply the paste thus obtained to get rid of undesired hairs.

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रक्ताञ्जनीपुच्छचूर्णं कटुतैलेन कल्कितम् । सप्ताहमुषितं मूलाद्धन्तिलोमान्यसंशयम् ।।१७०।।

170. Take tail of red variety of *anjanī* bird and churn it along with mustard oil to obtain *kalka*. Leave this *kalka* in mustard oil for seven days. Later, regular use of this *kalka* would immediately cause the undesired hair to fall.

पलाशरम्भाङ्घ्रिभवं तु भस्म तालं चतुल्यं कदलीजलेन ।
पिष्टं च लिप्तं मुहुरङ्गनानां गुह्याङ्गलोम्नामपुनर्भवेज्यम् ।।१७१।।

171. Take equal parts of *kṣāra* of *palāśa*, *kṣāra* of *kadalīkand* and *haritāla* and triturate them along with juice of banana. Applying this *kalka* for few days on female's genitals, would cause the hair of that region fall.

स्यादेकभागोहरितालकस्यशङ्खस्यभागा अपि पञ्चनूनम् ।
भागास्तुषट्पर्णतरोः प्रदिष्टारम्भाम्भसासाधुविमर्दिताश्च ।।१७२।।
सप्ताहमेतन्ननु गुह्यदेशे प्रलेपितं लोमविनाशकं स्यात् ।
पुनर्न रोहन्ति विलासिनीनामनेन लोमानि कदाचिदेव ।।१७३।।

172-173. Take *haritāla* (1 part), *śankha bhasma* (five parts) and *palāśa bhasma* (six parts). Triturate these materials with juice of *kadalīkand* and apply the *kalka* thus obtained for seven days on the genital parts of females. This would cause the hair to fall from roots.

रम्भांभसासप्तादिनानियावद् विभाव्यकम्बूद्भवभस्मपूर्वम् ।
ततः समंतालरजस्तुतस्मिन् समिथ्यलेपोलघुलोमलोपकः ।।१७४।।

174. Impregnate *śankha bhasma* with juice of banana's trunk for one week. Later add to it same amount of *haritāla* and churn. Applying this *kalka* on genital parts would clear hair around that part.

सत्कुसुम्भभवस्नेहाभ्यङ्गो लोम्नां सदाऽन्तकृत् ।।१७५।।

175. Application of *kusumbha* oil around genitals would clear hair around that parts.

शशाङ्कभल्लातकशङ्खचूर्णं यवाग्रजक्षारयुतामनःशिला ।
तालेनतैलं विधिवद्विपाचितं क्षणेन रोम्णां प्रलयं करोति ।।१७६।।

176. Take the following materials: camphor, *bhallātaka*, *śankha bhasma*, lime, *yavakṣāra*, *manahśilā*, *haritāla* (12 gm. each). Excluding camphor, churn all the other materials and prepare a *kalka*. Collect this *kalka* along with oil (250 ml.)

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and water (1 litre). Methodologically cook these materials and obtain medicinal oil. Later pulverize camphor and mix it into the oil. Apply this oil around genitals to get rid of hair.

क्षारतैलम्–

शुक्तिशम्बूकशङ्खानांदीर्घवृन्तातसमुष्ककात् । दग्ध्वा क्षारं समादाय खरमूत्रेण भावयेत् ।।१७७।।
क्षाराष्टभागं विपचेत्तैलं वै सार्षपं बुधः । इदमन्तःपुरे देयं तैलमात्रेषुपूजितम् ।।१७८।।
बिन्दुरेकः पतेद्यत्र तत्र लोभापुनर्भवः । मदनादिव्रणे तैलमश्विभ्यां परिकीर्त्तितम् ।।१७९।।
अर्शसां कुष्ठरोगाणां पामाद्रुविचर्चिताम् । क्षारतैलमिदं श्रेष्ठं सर्वक्लेदरुजाऽपहम् ।।१८०।।

177-180. Kṣāra Tailam:

Ingredients: *Śukti bhasma*, *śambūka bhasma*, *śankha bhasma*, *kṣāra* of *śyoṇāka bhasma*, *patla bhasma*, urine of a donkey, *mūrcchita* mustard oil and water.

Process of Drug-Making: Obtain 50 gm. each of *śukti bhasma*, *śambūka bhasma*, *śankha bhasma*, *kṣāra* of *śyoṇāka bhasma* and *pāṭala bhasma*. Impregnate these materials with urine of a donkey and prepare a *kalka* out of them. Cook this *kalka* along with *mūrcchita* mustard oil (2 litres) and water (8 litres).

Method of use/Administration: The oil thus obtained should be applied during night over the private parts of women.

Therapeutic benefits: This oil effectively removes hair from these parts. The region where even a single drop of this oil falls would never allow the hair to grow again. This oil has been prepared by Aśvinīkumārs and is capable of treating *vraṇa* of the private parts, *arśa*, *kuṣṭha*, *pāma*, *dadru* and *vicarcikā*. It also cures all types of *kleśa* and pain of *vraṇa* and related disorders.

आरग्वधाद्यं तैलम्–

आरग्वधमूलपलंकर्षद्वितययंहिशङ्खचूर्णस्य । हरितालस्यचखरजे मूत्रप्रस्थे नु कटुतैलम् ।।१८१।।
पक्वं तैलं तदथोशङ्खहरितालचूर्णितंलेपात् । निर्मूलयति च लोम्नामन्येषां सम्भवो नैव ।।१८२।।

181-182. Ārgvadhyādya Tailam:

Ingredients: Bark of *āragvadha* tree's root, *śankha bhasma*, *haritāla*, *mūrcchita* mustard oil, donkey's urine, *śankha bhasma* and powder of *haritāla*.

Process of Drug-Making: Prepare *kalka* from the following: bark of *āragvadha* tree's root (46 gm.), *śankha bhasma* (23 gm.) and *haritāla* (23 gm.). Cook these *kalka* along with 375 gm. measure of *mūrcchita* mustard oil and 750

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ml. measure of donkey's urine. While using this oil, add to it 23 gm. measure of *śankha bhasma* and powder of *haritāla* measuring 23 gm.

Method of use/Administration: Apply this oil on inner parts of the body to uproot hairs therein.

Therapeutic benefits: The hairs of these regions would never grow after applying this oil.

अथ क्षुद्ररोगे पथ्यापथ्यविधिः–

क्षुद्ररोगेषु सर्वेषु नानारोगानुकारिषु । दोषान् दूष्यानवस्थाञ्च निरीक्ष्य मतिमान् भिषक् ।।१८३।।
तस्य तस्य च रोगस्यपथ्यापथ्यानिसर्वशः । यथादोषं यथादूष्यं यथावस्थं च कल्पयेत् ।।१८४।।

183-184. The wise physicians should first examine the *vatādi doṣa* and the *rasa-rakta-mānsa* of the patients before treating *kṣudrarogas* and associated symptoms. He should also prescribe and prohibit various *pathyā* and *apathya* measures after properly diagnosing the patients indispositions and their *doṣa*, *duṣya* and condition.

इति भैषज्यरत्नावल्यां क्षुद्ररोगचिकित्साप्रकरणम् ।।६०।।
इति भैषज्यरत्नावल्यां 'विद्योतिनी' नामिकायां भाषाटीकायां क्षुद्ररोगचिकित्साप्रकरणम् ।।६०।।

End of the Chapter 60 of Bhaiṣajya Ratnāvalī with Commentary

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अथ मुखरोगचिकित्साप्रकरणम् ६१

Chapter 61
Mukha Roga

तत्रादावोष्ठरोगचिकित्सा–

ओष्टप्रकोपे वातोत्थे शाल्वणेनोपनाहनम् । मस्तिष्के च नस्ये च तैलं वातहरैः शृतम् ।।
स्वदोऽभ्यङ्गः स्नेहपानं रसायनमिहेष्यते ।।१।।

1. In cases of the lip ailments due to vitiation of the *vata* one should apply poultice of *śalvanasveda* medicines. Also one should use oil prepared out of *kalka* and decoction of the *bhadradaru* and the like herbs that control the *vātadoṣa*. The patient can be treated with *śirobasti* therapy and nasal therapy. Similarly, one should go for more *sveda*, *abhyanga*, *snehpān* and should take such tonics as the *Cyavanprāśa*.

श्रीवेष्टकं सर्जरसं गुग्गुलुं सुरदारु च । यष्टीमधुकचूर्णं च विदध्यात्प्रतिसारणम् ।।२।।

2. Obtain powders of *śrīveṣṭaka*, *sarja rasa*, purified *guggulu*, *devadāru* and *madhuyaṣṭī* and gently massage these materials over the mouth disorders.

वेधं शिराणां वमनं विरेकं तिक्तस्य पानं रस भोजनञ्च ।
शीतान् प्रलेपान् परिषेचनञ्च पित्तोपसृष्टेष्वधरेषु कुर्यात् ।।३।।

3. In cases of *pitta* generated *oṣṭha* (lip) disorders, one can be treated with *śira vedhana*, *vamana*, *virecana*, oil cooked out of *kalka* and decoction of pungent materials, eating meals enriched with pungent edibles, cold coating and cold *pariṣecana*.

पित्तरक्ताभिघातोत्थाञ्जलौकाभिरुपाचरेत् । पित्तविद्रधिवच्चापि क्रियां कुर्य्यादशेषतः ।।४।।

4. If the *oṣṭha* disorder is caused due to *pitta*, *rakta* and *abhighāta* then one should perform the blood letting through leeches. And treatment should be done according to the instructions suggested in relation to the *pittajvidradhi*.

शिरोविरेचनं धूमः स्वेदः कवलधारणम् । हृते रक्ते प्रयोक्तव्यमोष्ठकोपे कफात्मके ।।५।।

5. After blood letting is done in *kapha* generated *oṣṭha* disorder, one should go for *śiro virecana*, *dhūmrapān*, *sveda* and *kaṭuras*.

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त्रिकटु स्वर्जिकाक्षारः क्षारश्च यवशूकजः । क्षौद्रयुतं विधातव्यमेतश्च प्रतिसारणम्।।६।।

6. Powders of dried ginger, *marica*, *pippalī*, *svarjikṣāra* and *yavakṣāra* should be applied on *oṣṭha* region along with honey and a gentle massage should be performed over them.

मेदोजे स्वेदिते भिन्ने शोधिते ज्वलनो हितः । प्रियङ्गु त्रिफलालोध्रं सक्षौद्रं प्रतिसारणम् ।।७।।
हितश्च त्रिफलाचूर्णं मधुयुक्तं प्रलेपनम् ।।८।।

7-8. Lip disorder caused due to *medā* should be first treated with *svedana*. Cut the enlarged lip and apply a poultice of the decoction of *tṛiphalā* etc. on the affected region. Take powders of *priyangu*, *tṛiphalā*, *lodhra* and mix them with honey. Apply this as a *prasāraṇ* on the lips. Or one can apply powder of *tṛiphalā* and honey as poultice.

सर्जरसकनकगैरिकधन्याकतैलघृतसिन्धुसंयुक्तम्। सिद्धंसिक्थकमधरेस्फुटितोञ्चटितेव्रणंहरतिं ।।९।।

9. Take *sarja rasa*, *svarṇa gairika*, coriander seeds, oil, *ghṛitam*, rock salt and wax. Cook all these together into an ointment. Apply this on lips. This checks lip cracking and other disorders.

दन्तरोचिकित्सा–

शीतादे हतरक्ते तु तोये नागरसर्षपान् । निक्काथ्य त्रिफलाञ्चापि कुर्याद् गण्डूषधारणम्।।१०।।

10. Treatment of dental disorders:

In cases of *śitad danta* disorder, after performing *rakta mokṣana*, one should hold the decoction of dried ginger, mustard and *tṛiphalā* in mouth.

प्रियङ्गवश्च मुस्ता च त्रिफला च प्रलेपनम् ।।११।

11. Applying *priyangu*, *mustā* and *tṛiphalā* as a poultice really provides relief *śitad* dental disorders.

कुष्ठं दार्वी लोध्रमब्दं समङ्गा तिक्ता पाठा तेजनी पीतिका च ।
चूर्णं शस्तं घर्षणं तद् द्विजानांरक्तस्रावं हन्ति कण्डूं रूजाञ्च ।।१२।। च. द.

12. The powder of *kuṣṭha*, *dāru haridrā*, *lodhra*, *mustā*, *samangā* (*manjiṣṭhā*), *pāṭhā*, *tikta*, *tejanī* and *pītikā* should be rubbed over the gums which cures bleeding from teeth (gums) and itching as well as pain in gums.

(Cakradatt)

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चलदन्तस्थिकरं कार्यं बकुलचर्वणम् । आर्त्तगलदलक्वाथगण्डूषो दन्तचालनुत् ।।
दन्तचाले हितं श्रेष्ठं तिलोग्राचर्वणं सदा ।।१३।।

13. Chewing the twig or bark of *bakula* tree causes firmness of the loose teeth.

करञ्जकरवीरार्कमालतीककुभासनाः । शस्यन्ते दन्तपवने ये चाप्येवंविधा द्रुमाः ।।१४।।

14. The following sticks are considered good for brushing teeth: *karañja*, *karavīra*, *arka*, *mālatī*, *arjuna* and *asana*. One can also use sticks of similar properties.

भद्रमुस्तादिगुटिका–

भद्रमुस्ताभयाव्योषविडङ्गारिष्टपल्लवैः । गोमूत्रपिष्टैर्गुडिकां छायाशुष्कां प्रकल्पयेत् ।।१५।।
तां विधाय मुखे सुप्याच्चलदन्तातुरो नरः । नातः परतरं किञ्चिच्चलदन्तस्य भेषजम् ।।१६।।

15-16. Bhadramustādi Guṭikā:

Ingredients: *Mustā*, *haraḍa*, dried ginger, *marica*, *pippalī*, *vāyaviḍanga*, leaves of *neem* and cow urine.

Process of Drug-Making: Take equal parts of *mustā*, *haraḍa*, dried ginger, *marica*, *pippalī*, *vāyaviḍanga* and leaves of *neem*. Pulverize all these materials with cow urine and dry them under shade. Prepare pills measuring 500 mg. each out of it.

Method of use/Administration: Put one pill in mouth before sleeping.

Therapeutic benefits: By practising this, after few days, one gets relief from loose teeth. In this disorder this is the best medicine for getting relief.

दन्तपुप्पुटके कार्यं तरुणे रक्तमोक्षणम् । सपञ्चलवणक्षारं सक्षौद्रं प्रतिसारणम् ।।१७।।

17. In cases of a fresh teething disorder, after performing *rakta mokṣana*, one should do *pratisāraṇ* with five salts and powdered *yavakṣāra* with honey.

दन्तानां तोदहर्षे च वातघ्नाः कवलाहिताः ।।१८।।

18. In cases of *dantatoda* and *dantaharṣa*, one should go for anti-*vāta* warm oil and decoctions. Also one can hold anti-*vāta* decoction of *daśamūla* herbs in his mouth (as a *gandūṣa*).

माक्षिकं पिप्पली सर्पिर्मिश्रितं धारयेन्मुखे । दन्तशूलहरं प्रोक्तं प्रधानमिदमौषधम् ।।१९।।

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19. Take honey (20 gm.), *pippalī* powder (5 gm.) mixed with *ghṛitam* (30 gm.): Hold and gently massage the mouth through the compound. This alleviates the tooth ache. This is one of the best cures for toothache.

विस्राविते दन्तवेष्टं व्रणन्तु प्रतिसारयेत् । लोध्रपत्तङ्गमधुकलाक्षाचूर्णैर्मधूत्तरैः ।।
गण्डूषे क्षीरिणी योज्याः सक्षौद्रघृतशर्कराः ।।२०।।

20. In cases of *dantaveṣṭa*, one should have a blood letting through leech. Take *lodhra*, red sandalwood, *madhuyaṣṭī* and powder of *lākṣā* mixed in honey, have a gentle massage over the affected region. One can also hold decoctions of *vaṭa* and similar *kṣīra* trees mixed with honey and raw sugar in his mouth (*gaṇḍūṣa*).

शैशिरे हृतरक्तं तु लोध्रमुस्तारसाञ्जनैः । सक्षौद्रैः शस्यते लेपो गण्डूषे क्षीरिणो हिताः ।।२१।।

21. In cases of *śaiśir danta* disorders, after blood letting, one should hold decoctions of *kṣīra* trees in mouth as mentioned in the previous passage. Powders of *lodhra*, *mustā* and *rasāñjana* mixed with honey should be used as poultice on the affected parts.

क्रियां परिदरे कुर्याच्छीतादोक्तां विचक्षणः । संशोध्योभयतः कायं शिरश्चोपकुशे ततः ।।२२।।
काकोदुम्बरिकागोजीपत्रैर्विस्रावयेदसृक् । क्षौद्रयुक्तैश्च लवणैः सव्योषैः प्रतिसारयेत् ।।२३।।

22-23. In cases of *paridara* disease, one should have *vamana* (emetic) and purgative therapies to purify the body as well as nasal therapy to purify the head. The patient should be treated in line of the treatment of *śitaroga*. Similarly, in cases of disease *upakuṣa*, the patient should have a blood letting therapy through rubbing his body with thorny leaves of *kākaudambara* and *goji* trees.

पिप्पल्यः सर्षपाः श्वेता नागरं नैचुलं फलम् । सुखोदकेन सम्मर्द्य कवडन्तस्य योजयेत् ।।२४।।

24. Take powder of *pippalī*, white mustard seeds, dried ginger and *hijjala* fruits and churn them in warm water. Hold this liquid in the mouth to get relief from *upakuṣa* disorders.

शस्त्रेण दन्तवैदर्भे दन्तमूलानि शोधयेत् । ततः क्षारं प्रयुञ्जीत क्रियाः सर्वाश्च शीतलाः ।।२५।।

25. In cases of *danta vaidarbha* disorders, cut the affected part with surgical devices and give *pratisāraṇ* with *kṣāra*. Following this carry out the *gaṇḍūṣa* (gargle) treatments.

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उद्धृत्याधिकदन्तन्तु ततोऽग्निमवचारयेत् । कृमिदन्तकवच्चात्र विधिः कार्यो विजानता ।।२६।।

26. The extra teeth should be removed by using the instrument called *sandanśayañtra*. To control the discharge of blood, the patient should cauterize the wound with hot rod. He should further take the *gaṇḍūṣa* (gargle) treatments.

छित्त्वाऽधिमांस साक्षौद्रैरेतैश्चूर्णैरुपाचरेत् । पाठावचातेजवतीस्वर्जिकायावशूकजैः ।
क्षौद्रद्वितीयाः पिप्पल्यः कवलश्चात्र कीर्त्तितः ।।२७।।

27. In cases of *adhimānsa*, cut the enlarged part and massage it gently with powders of *pāṭhā*, *vacā*, *tejabala*, *svarjikṣāra* and *yavakṣāra* mixed with honey. He should also hold decoction of *pippalī* mixed with honey in mouth.

पटोलनिम्बत्रिफलाकषायश्चात्र धावने । शिरोविरेकश्च हितो धूमो वैरेचनश्च यः ।।२८।।

28. Perform *prakṣālan* (washing) of teeth with decoction of *paṭola* leaves, bark of lemon and *triphalā*. One should also take the *śirovirecana* and *virecana* therapies to get relief from *adhimanśa* disorder.

नाडीव्रणहरं कर्म दन्तनाडीषु कारयेत् । यं दन्तमधिजायेत नाडी तं दन्तमुद्धरेत् ।।२९।।
छित्त्वा मांसानि शस्त्रेण यदि नोपरिजो भवेत् । शोधयित्वा दहेच्चापिक्षारेणज्वलनेन वा ।।३०।।

29-30. The treatment of *dantanāḍī* should be treated in line of the disease *nāḍī vraṇa*. The tooth which has developed caries should be cleared out of gums around it. However, the tooth of above line should not be removed as it result in loss of sight. After the ailing tooth is removed one should wash it properly or should cauterize it.

गतिर्हिनस्ति हन्वस्थि दशने समपेक्षिते । तस्मात्समूलं दशनं निर्हरेद् भग्नमस्थि च ।।३१।।

31. If the treatment of tooth-ailments is neglected, then it impairs the movement of jaw bones. Therefore, the afflicted tooth should be extracted along with its root and even the broken bones should be removed.

उद्धृते तूत्तरे दन्ते शोणितं सम्पसिच्यते । रक्तातियोगात् पूर्वोक्ता घोरा रोगा भवन्ति च ।।३२।।
चलमप्युत्तरं दन्तमतो नापहरेद्भिषक् ।।३३।।

32-33. When molar teeth are extracted, there is a possibility of excessive bleeding and appearance of serious complications as described before.

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कषायं जातिमदनकटुकस्वादुकण्टकैः । लोध्रखदिरमञ्जिष्ठायष्ट्याह्वैश्चपि यत्कृतम् ।।
तैलं संशोधनं तद्धि हन्यादन्तर्गतां गतिम् ।।३४।।

34. Take equal parts of the following: limbs of *jātī* plant, *madana* (fruit), *kaṭukī* (or *tṛikaṭu* herbs) and *gokṣura*. Prepare a decoction out of them and take gargles with this liquid. One could also apply on the gums of tooth the oil cooked along with *kalka* of *lodhra*, *khadira* (bark), *manjiṣṭhā* and *madhuyaṣṭī*. Similarly, cook oil (187 ml.) with the decoction of *jātī* and other herbs above (750 ml.) and *kalka* (measuring 46 gm.) of *lodhra*, *khadira*, *manjiṣṭhā* and *yaṣṭimadhu*. This medicated oil cleanses and cures sinus.

सुखोष्णाः स्नेहकवलाः सर्पिषस्त्रैवृतस्य वा । निर्यूहाश्चानिलघ्नानां दन्तहर्षप्रमर्दनाः ।।३५।।
स्नैहिकश्च हितो धूमो नस्यं स्नैहिकमेव च ।।३६।।

35-36. For curing *danta harṣa* (tingling sensation of teeth), the patient should be have gargle (*kavala*) of the warm medicated oil or medicated *ghṛitam* or the *Tṛivṛit Ghṛita* or the decoction of *vāta*-alleviating drugs. *Snaihika* (unctuous) type of smoking and *snaihikā* type of *nasya* (inhalation) therapy are also useful in this condition.

अहिंसन् दन्तमूलानि शर्करामुद्धरेद्भिषक् । लाक्षाचूर्णैर्मधुयुतैस्ततस्तां प्रतिसारयेत् ।।
दन्तहर्षक्रियाश्चापि कुर्यान्निरवशेषतः ।।३७।।

37. In *danta śarkara*, the physician should remove the tartar adhered to the teeth without causing any injury to the gum-muscles. Thereafter, the powder of *lākṣā* mixed with honey should be rubbed over it. Therapies suggested above for the treatment of *danta harṣa* should also be adopted in this condition.

कपालिका कृच्छ्रसाध्या तत्राप्येषा क्रिया हिता ।।३८।।

38. *Kapālikā*, which is characterized by the deposit of flakes of tartar over teeth is difficult of cure. For the treatment of this ailment, the therapies suggested above for the treatment of *danta śarkara* should be adopted.

जयेद्विस्रावणैः स्विन्नमचलं कृमिदन्तकम् । तथाऽवपीडैर्वातघ्नैः स्नेहगण्डूषधारणैः ।।
भद्रदार्वादिवर्षाभूलेपैः स्निग्धैश्च भोजनैः ।।३९।।

39. If the tooth havig caries is not loose, then *svedana* (fomentation) therapy should be applied over it and blood-letting therapy by scratching (*visrāvaṇa*) should be given. One should also have the *avapīḍa* type of *nasya* (inhalation)

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therapy and *gaṇḍuṣa* (keeping *kalka*s of drugs in the mouth) with drugs that are unctuous and that alleviate *vāta*. The *kalka* of drugs belonging to *Bhadaradarvādi* group and root of *punarnavā* should be applied over the affected tooth and the patient should be given unctuous food to eat.

हिङ्गु सोष्णन्त मतिमान् क्रिमिदन्तेषु दीपयेत् ।।४०।।

40. Warm *kalka* of *hingu* should be applied over tooth affected by caries.

बृहतीभूमिकदम्बपञ्चाङ्गुलकण्टकारिकाक्वाथाः । गण्डूषस्तैलयुतः
क्रिमिदन्तकवेदनाशमनः ।।४१।।

41. *Gaṇḍuṣa* (rinsing the mouth with medicated liquids) with the decoction of *bṛihatī*, *bhūmi kadamba*, *pancāñgula* (*eraṇḍa*) and *kaṇṭakārī* mixed with oil alleviate pain of teeth with caries.

नीलीवायसजङ्घास्नुग्दुधीनान्तु मूलमेकैकम् । सञ्चर्व्य दशनविधृतं दशनक्रिमिपातनं प्राहुः ।।४२।।

42. Obtain root of any one of the following: *nīlīvṛikṣa*, *kākajangā*, *snuhī* or *dugdhi*. Chewing the root kills tooth germs.

चलमुद्धृत्य वा स्थानं दहेत्तु शुषिरस्य वा ।।४३।।

43. If teeth have been eaten with germs then one should remove out that teeth and cure the disorder by cauterizing the connected region.

हनुमोक्षे समुद्दिष्टा कार्या चार्दितवत्क्रिया ।।४४।।

44. In *hanumokṣa* disorder one can make use of all the treatments related to *ardita* disorder.

सप्तच्छदार्कक्षीराभ्यां पूरणं कृमिशूलजित् । अथवा केवलोनार्क-पयसाऽपि च शस्यते ।।४५।।

45. Obtain latex of *saptacchada* and *arka*, mix them and fill in the teeth which has been eaten by germs. Latex of *arka* has the capacity to kill the germs on its own and provides relief from *śūla*.

दन्तशब्दचिकित्सा–

कर्कटाङ्घ्रिक्षीरपक्वघृताभ्यङ्गेन नश्यति । दन्तशब्दः कर्कटाङ्घ्रिलेपाद्वा दन्तयोजितात् ।।४६।।

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46. Treatment of Dantaśabda:

In *danta sabda* (sound emanating from teeth), massage of *ghṛitam* prepared from the milk boiled with the limbs of crabs is useful. The *kalka* of the limbs of crabs, rubbed over the teeth cures sounding teeth.

चरणौ कर्कटकस्यापि गोक्षीरेण विपाचयेत् । घनताञ्च गते तस्मिन् रात्रौ चरणलेपनात् ।।
दन्तानां कड्मडीं हन्ति सत्यं सत्यञ्च पार्वति ।।४७।।

47. Take two legs of a crab and pulverize them. Cook it thickly in milk measuring 120 ml. Apply this as a poultice or a coat over the feet. This would give relief to *kadamādi* disorder (making *kaḍakaḍa* sounds).

कृष्णवार्णाश्वपुच्छस्य सप्तकेशेनवेणिका । तांबद्ध्वाच गले दन्तकड्मडीं हन्ति मानवः ।।४८।।

48. Obtain seven hairs of a black horse's tail. Combine them to form a string and tie it around the neck. This would cure the *kadamādi* disorder of teeth.

दन्तरोगे वर्जनीयानि–

फलान्यम्लानिशीताम्बुरूक्षात्रंदन्तधावनम् । तथाऽतिकठिनान्भक्ष्यान्दन्तरोगीविवर्जयेत् ।।४९।।

49. The patient suffering from tooth disorders should not take sour fruits, cold water, unctuous food and hard food preparations. He should not brush his teeth.

जिह्वारोगचिकित्सा–

ओष्ठकोपे त्वनिलजे तदुक्तंप्राक्चिकित्सितम्।कण्टकेष्वनिलोत्थेषु तत्कार्यं भिषजा खलु ।।५०।।

50. Treatment of Jihvāroga (diseases of tongue):

The treatment *jihvākaṇṭaka* should be taken in the line suggested in the treatment of disease of *oṣṭha* (lip) caused by *vāta* disorder.

पित्तजेषु निघृष्टेषु निस्रुते दुष्टशोणिते । प्रतिसारणगण्डूषनस्यञ्च मधुरैर्हितम् ।।५१।।

51. The cases of *jihvākaṇṭaka* caused due to *pitta* disorder are to be cured by rubbing the thorny leaves of plant *śākhoṭaka* and *kāṣṭhodumbara* trees. The patient should gargle with decoction of sweet herbs of *kākolyādi* group. He should also take nasal (*nasya*) therapy using *ghṛitam* medicated with *kalka* of these herbs (1 part) and milk (10 parts).

कण्टकेषु कफोत्थेषु लिखितेष्वसृजः क्षये । पिप्पल्यादिर्मधुयुतः कार्यस्तु प्रतिसारणः ।।५२।।

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52. After that the patient could take powder or decoction of herbs of *kākolyādi* group.

गृहणीयात् कवलञ्चापि गौरसर्षपसैन्धवैः । पटोलनिम्बवार्त्ताकुक्षारयूषैश्च भोजयेत् ।।५३।।

53. The *jihvākaṅṭaka* caused due to disordered *kapha* can be cured with *kalka* of white mustard seeds prepared along with rock salt. This *kalka* should be added with soup of the leaves of *paṭola*, *neem* and aubergine treated with *yavakṣāra*.

जिह्वाजाड्यंचिरजंमाणभस्मलवणतैलघर्षणंहन्ति।ईषत्स्नुक्क्षीरोक्तंजम्बीराद्यम्लचर्वणंवाऽपि।।५४।।

54. Obtain powders of *bhasma* of *mānakanda* and rock salt, mix them in oil and with this oil rub the tongue. Also obtain pieces of *jambīra* lemon and related pungent fruits, add latex of *snuhī* to it and chew the mix. This would alleviate *jihvā* related problems.

उपजिह्वाचिकित्सा–

उपजिह्वान्तु संलिख्य क्षारेण प्रतिसारयेत् । शिरोविरेकगण्डूषधूपैश्चैनमुपाचरेत् ।।५५।।

55. Treatment of Upajihvā:

In *upajihavā*, the abnormal growth should be scratched, and over it, *kṣāra* (alkali preparation) should be rubbed. To the patient, *śirovirecaka* (therapy for the elimination of *doṣas* from the head), *gaṇḍuṣa* (rinsing therapy) and *dhūma* (smoking therapy) should be administered.

व्योषक्षाराभयावह्निचूर्णमेतत्प्रघर्षणम् । उपजिह्वाप्रशान्त्यर्थमेतैस्तैलं विपाचयेत् ।।५६।।

56. The growth (of *upajihavā*) should be rubbed with the powder of *śuṇṭhī*, *pippalī*, *marica*, *abhayā* and *citraka*. Oil cooked along with the above mentioned drugs should be used for the cure of *upajihvā*.

तालुरोगचिकित्सा–

छिन्नां घर्षेद् गलशुण्डीं व्योपोग्रक्षौद्रसिन्धुजैः । कुष्ठोषणवचासिन्धु-कणापाठाप्लवैरपि ।
सक्षौद्रैर्भिषजा कार्यं गलशुण्ड्याः प्रघर्षणम् ।।५७।।

57. Treatment of Tāluroga:

Cut *galaśuṇḍī* with the device *maṇḍalāgra* and rub it with powders of *tṛikaṭu*, *vacā* and rock salt. One can also rub the affected area with powders of *kuṣṭha*, black pepper, *vacā*, rock salt, *pippalī*, *pāṭhā* and *mustā* mixed with honey. By taking this therapy one can get relief from *galaśuṇḍī* disorder.

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उपनासाव्यधो हन्ति गलशुण्डीं विशेषतः । गलशुण्डीहरं तद्वच्छेफालीमूलचर्वणम् ।।५८।।

58. In cases of *galaśuṇḍī* a vein near the nose should be cut to remove the dirty blood. This as well as chewing of the root bark of *śephāli* can cure the disease.

वचामतिविषां पाठां रास्नां कटुकरोहिणीम् । निष्क्वाथ्य पिचुमर्दञ्च कवलं तत्र योजयेत् ।।
क्षारसिद्धेषु मुद्गेषु यूषश्चाप्यशने हितः ।।५९।।

59. The cases of *gala śuṇḍī* can be treated through gargle of decoction of *vacā*, *ativiṣā*, *pāṭhā*, *rāsnā*, *kaṭukī* and *neem* barks. It may be also cured with pulse soup of *mudga* beans treated with *apāmārga kṣāra* and the like.

तुण्डिकेर्य्यध्रुषे कूर्मे सङ्घाते तालुपुप्पुटे । एष एव विधिः कार्यो विशेषः शस्त्रकर्मणि ।।६०।।

60. In *tunḍikeri*, *adhrusa*, *kūrma sanghāta* and *tālu puppuṭa*, the above mentioned smoking therapy should be specially administered after the surgical operation.

तालुपाके तु कर्त्तव्यं विधानं पित्तनाशनम् । स्नेहस्वेदौ तालुशोषे विधिश्चानिलनाशनः ।।६१।।

61. In cases of the *tālu pāka*, therapies for the alleviation of *pitta* should be administered.

कण्ठरोगचिकित्सा–

साध्यानां रोहिणीनान्तु हितुं शोणितमोक्षणम् । छर्द्दनं धूमपानञ्च गण्डूषो नस्यकर्म च ।।६२।।

Treatment of throat diseases:

62. Treatment of rohiṇī:

64. For the treatment of *vātika, paittika, sleṣmika* and *raktaj* type of *rohiṇī* disease, one should apply blood-letting, *vamana*, *dhūmapān*, *gandūṣ* and *nasya* therapies.

वातिकान्तु हृतेरक्ते लवणैः प्रतिसारयेत् । सुखोष्णांस्तैलकवडान् धारयेच्चाप्यभीक्ष्णशः ।।६३।।

63. In *vātika* type of *rohiṇī*, after blood-letting, salt should be rubbed over the affected part to eliminate *doṣas*and the mouth should be frequently rinsed with the help of medicated oils which are lukewarm.

पत्तङ्गशर्कराक्षौद्रैः पैत्तिकीं प्रतिसारयेत् । द्राक्षापरूषकक्वाथो हितश्च कवलग्रहे ।।६४।।

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64. In *paittika* type of *rohiṇī*, the affected part should be rubbed with the *kalka* of *pattañga*, sugar and honey to eliminate *doṣas* (*pratisāraṇa*). In addition, gargling (*kavala*) should be done with the decoction of *drākṣā* and *paruṣaka*.

आगारधूमकटुकैः कफजां प्रतिसारयेत् । श्वेताविडङ्गदन्ताषु सिद्धं तैलं ससैन्धवम् ।।६५।।
नस्यकर्माण दातव्यं कवडश्च कफोच्छ्रये ।।६६।।

65-66. In *kaphaja* type of *rohiṇī*, the throat should be rubbed with the powder of *agaradhūma* (house-shoot), *śunṭhī*, *pippalī* and *marica*. Oil cooked along with *saveta*, *viḍanga*, *dantī* and rock-salt should be used for inhalation therapy (*nasya*) and gargling (*kavala*).

पित्तवत्साधयेद्वैद्यो रोहिणीं रक्तसम्भवाम् ।।६७।।

67. *Rohiṇī* caused by the predominance of vitiated blood should be treated in the line suggested for *paittika* type of *rohiṇī*.

विस्राव्यकण्ठशालूकं साधयेत्तुण्डिकेरिवत् । एककालं यवान्नञ्च भुञ्जीत स्निग्धमल्पशः ।।६८।।

68. In *kaṇṭha śāluka*, blood-letting therapy should be administered, and thereafter, the ailment should be treated on the line suggested for the cases of *tunḍikeri*. The patient should be given food prepared of barley by adding *ghṛitam* in small quantity to it. He should take food only once per day.

उपजिह्विकवच्चापि साधयेदधिजिह्विकाम् । उन्नाम्य जिह्वामाकृष्य बडिशेनातिजह्विकाम् ।।
छेदयेन्मण्डलाग्रेण तीक्ष्णोष्णैर्घर्षणादिभिः ।।६९।।

69. *Adhijihavikā* should be treated on the line suggested for *upajihvikā*. The tongue should be pulled up, with the help of *baḍiśa* (a type of surgical instrument) the growth of *adhijihvikā* should be pulled out and with the help of *manḍalāgara* (a type of surgical instrument with sharp edge and round top) it should be incised. Thereafter, with the powder of sharp and hot drugs, the resultant ulcer should be rubbed.

एकवृन्दन्तु विस्राव्य विधि शोधनमारभेत् ।।७०।।

70. In *ekavṛinda*, first of all, blood-letting therapy should be administered, and thereafter, the patient should be given drugs for the elimination (*śodhana*) of waste products from the affected part.

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गिलायुश्चापि यो व्याधिस्तश्च शस्त्रेण साधयेत् ।।७१।।

71. Surgical operation should be performed for the treatment of *gilāyu*. If the wound has ripened or it is very hard or it is causing minimum pains, it should be removed with care.

असर्मस्थं सुपक्वञ्च भेदयेद् गलविद्रधिम् ।।७२।।

72. Treatment of *Gala Vidradhi*: If the abscess in the throat is not located in vital organs, and if it is well suppurated, then it should be punctured with the help of surgical instruments.

कण्ठरोगेष्वसृङ्मोक्षस्तीक्ष्णैर्नस्यादि कर्म च । क्वाथपानन्तु दार्वीत्वङ्निम्बद्राक्षाकलिङ्गतः ।।
हरीतकीकषायो वा पेयो माक्षिकसंयुतः ।।७३।।

73. In *kanṭho rogas* (throat-diseases), blood-letting therapy and *nasya* (inhalation) therapy, the latter with the help of drugs having sharp attributes, should be administered. The patient should be given the decoction of *dārvī*, *tvak*, *nimba*, *drākṣā*, and *indrayava*. Decoction of *harītakī* mixed with honey can also be given.

कटुकातिविषादारुपाठामुस्तकलिङ्गकाः । गोमूत्रक्वथिताः पेयाः कण्ठरोगविनाशनाः ।।७४।।

74. Decoction of *kaṭuka*, *ativiṣā*, *devadāru*, *pāṭhā*, *mustā* and *kuṭaja* should be boiled with cow's urine and given to the patient to drink to cure the throat-diseases.

Process of Drug Making: Take equal parts of the above mentioned ingredients and raise 25 gm. of their coarsely powdered mix. Decoct it along with cow urine measuring 400 ml. till it is reduced to one fourth.

यवक्षारादिगुटी–

यवाग्रजं तेजवतीं सपाठांरसाञ्जनं दारुनिशां सकृष्णाम् ।
क्षौद्रेण कुर्याद् गुडिकां मुखेन तां धारयेत्सर्वगलामयेषु ।।७५।।

75. Yavakṣārādi Guṭī:

Ingredients: *Yavakṣāra*, *tejabal*, *pāṭhā*, *rasāñjana*, *dāru haridrā*, powder of *pippalī* and honey.

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Process of Drug-Making: Take equal parts of *yavakṣāra*, *tejabal*, *pāṭhā*, *rasāñjana*, *dāru haridrā* and powder of *pippalī*. Triturate all these material with honey. Prepare pills measuring 500 mg. each.

Method of use/Administration: Suck these pills.

Therapeutic benefits: It gives relief from all types of throat problems.

दशमूलं पिवेदुष्णं यूषं मूलकुलत्थयोः ।।७६।।

76. In throat disorders, drinking lukewarm decoction of *daśamūla* herbs and *yūṣa* of radish and *kulattha* is considered to be very effective to get relief.

क्षीरेक्षुरसगोमूत्रदधिमस्त्वम्लकाञ्जिकैः । विदध्यात्कवलान् वीक्ष्य दोषं तैलघृतैरपि ।।७७।।

77. Having *kavala* with any one of the following material is considered to be helpful in curing all types of throat problems: milk, juice of *santhe*, cow urine, curd, water of curd, juice of citrus fruit, *kānji*, oil and *ghṛitam*.

मूत्रसिद्धां शिवां तुल्यां मधुरोकुष्ठबालकैः । अभयस्य मुखरोगांस्तु ज्येद्विरसतामपि ।।७८।।

78. Obtain *haraḍa* treated in cow urine, aniseeds, *kuṣṭha* and powder of *gandhabālā* (each taken in equal part). Holding them in mouth is helpful in curing all mouth related problems. Similarly making pills by mixing them in honey is also helpful.

वातात्सवसरञ्चूर्णैर्लवणैः प्रतिसारयेत् । तैलं वातहरैः सिद्धं हितं कवडनस्ययोः ।।७९।।

79. *Vātaj sarvasar* is one of the mouth disorders and one should perfom *pratisāraṇa* with powders of *pañcalavaṇa* and *lavaṇa* (*jyotiṣmatī*). Similarly oil obtained through *vātahar bhadradarbādi* herbs method can also be used for *kavalgrahaṇa* and nasal (*nasya*) therapy.

पित्तात्मके सर्वसरे शुद्धकायस्य देहिनः । सर्वः पित्तहरः कार्यो विधिर्मधुरशीतलः ।।८०।।

80. *Pittaj sarvasar* is also one of the mouth disorders. To treat it one should first perform *vamana* therapy and later drink and have the *gaṇḍūṣa* involving herbs quoted in the *madurādi gaṇa*. One can also perform *madhura* and *śītal sarva kṛiyā* with anti-*pitta* materials.

द्रतिसारणगण्डूषान् धूमं संशोधनानि च । कफात्मके सर्वसरे क्रमं कुर्यात् कफापहम् ।।८१।।

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81. In *kaphaj sarvasar* disorders, one should have *pratisāraṇa*, *gaṇḍūṣa*, *dhūmapān*, *vamana*, *śirovirec hana* and the like *saṇśodhana* therapies and should opt for other anti-*kapha* therapies.

मुखपाके शिरावेधः शिरःकायविरेचनम् । कार्यश्च बहुधा नित्यं जातीपत्रस्य चर्वणम् ।।८२।।

82. In *mukha pāka* (stomatitis), remove contaminated blood by cutting the veins around palate or the bottom of tongue. Perform nasal therapy through *śirovirecana* and *kayavirecana*. Apart from this he should also chew jasmine leaves.

जातीपत्रामृताद्राक्षायासदार्वीपलत्रिकैः । क्वाथः क्षौद्रयुतः शीतो गण्डूषो मुखपाकनुत् ।।८३।।

83. Have *gaṇḍūṣa* with cool decoctions of the leaves of jasmine, *guḍūcī*, raisins, *yavāsā*, *dāru haridrā*, *haraḍa*, *vibhītaka*, *āmalakī* added with honey.

पटोलनिम्बजम्ब्वाम्रमालतीनवपल्लवैः । पञ्चपल्लवजः श्रेष्ठः कषायो मुखधावने ।।८४।।

84. Prepare decoction of *paṭola*, *nimba*, *jambū*, mango and new leaves of jasmine and gargle with this decoction. This cures mouth related disorders.

पञ्चवल्ककषायो वा त्रिफलाक्वाथ एव वा । मुखपाकेषु सक्षौद्रः प्रयोज्यो मुखधावने ।।८५।।

85. Take *valkals* of *vaṭa*, *aśvattha*, *udumbara*, *plākṣa* and *vetras* trees or decoction of *triphalā*. Add honey to them and have a *gaṇḍūṣa* with the same. This is very helpful in mouth related disorders.

स्वरसः क्वथितो दार्व्या घनीभूतो रसक्रिया । सक्षौद्रा मुखरोगासृग्दोषनाडीव्रणापहा ।।८६।।

86. Consolidation of the juice or decoction of *dāru haridrā* is known as *Rasakriyā*. Add honey to *Rasakriyā* and take it in dosage of 1 gm. and hold the same in mouth. One can also lick it. This gives relief in *rakta doṣa* and *nāḍivraṇa* disorders.

क्वथितास्त्रिफलापाठामृद्वीकाजातिपल्लवाः । निषेव्याभक्षणाया वा त्रिफला मुखपाकहा ।।८७।।

87. Intake of the decoction of *harītakī*, *vibhītakī*, *āmalakī*, *pāṭhā*, *mṛidvīka* and leaves of *jātī* also cure stomatitis. Chewing and taking *harītakī*, *vibhītakī* and *āmalakī* also cure stomatitis.

कृष्णाजीरककुष्ठेन्द्रयवचर्वणतस्त्र्यहम् । मुखपाकव्रणक्लेददौर्गन्ध्यमुपशाम्यति ।।८८।।

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88. Combine *pippalī*, cumin seeds, *kuṣṭha* and *indrayava* and continuously chew it for three days.

तिला नीलोत्पलं सर्पिः शर्करा क्षीरमेव च । सक्षौद्रो दग्धवक्त्रस्य गण्डूषो दाहपाकहा ।।८९।।

89. Gargling with *tila*, *nīlotpala*, *ghṛitam*, sugar, milk and honey cures burning sensation and inflammation in the mouth in stomatitis.

तैलेन काञ्जिकेनाथ गण्डूषश्चूर्णदाहहा ।।९०।।

90. Gargling with oil or *kānji* (a type of vinegar) cures burning sensation in the mouth.

घनकुष्ठैलाधान्यकयष्टीमध्वेलबालुकाकवडः । वदनेऽतिपूतिगन्धं हरति सुरालशुनगन्धञ्च ।।९१।।

91.Gargling with the *kalka* of, *mustā*, *kuṣṭha*, *elā*, *dhānyaka*, *yaṣṭimadhu* and *elavāluka* cures extremely putrid odour emanating from the mouth. It also cures the foul smell of alcohol and garlic.

सप्तच्छदादिक्वाथः–

सप्तच्छदोशीरपटोलमुस्त हरीतकीतिक्तकरोहिणीभिः ।
यष्ट्याह्वराजद्रुमचन्दनैश्च क्वाथं पिवेत् पाकहरं मुखस्य ।।९२।।

92. Saptacchadādi Kvātha:

Ingredients: Bark of *saptacchada*, leaves of *paṭola*, *mustā*, *harītakī*, *kaṭukī*, *madhuyaṣṭī*, bark of *āragvadha* and stone pulp of its fruit, red sandalwood and honey.

Process of Drug-Making: Take equal parts of the above mentioned ingredients and raise 50 gm. of their coarsely powdered mix. Decoct it along with water measuring 800 ml. till it is reduced to one fourth.

Method of use/Administration: Add honey to the decoction and consume the same.

Therapeutic benefits: This would give relief from the mouth disorders (*mukha pāka roga*).

पटोलशुंठीत्रिफलाविशालात्रायन्तितिक्ताद्विनिशामृतानां ।
पीतः कषायोमधुनानिहन्तिमुखेस्थितश्चास्यगदानशेषान् ।।९३।।

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93. Prepare decoction of leaves of *paṭola*, *śunṭhī*, *haraḍa*, *vibhītaka*, *āmalakī*, root of *indrayava*, *trāyamāṇā*, *kaṭukī*, *haridrā*, *dāru haridrā* and *guḍūcī*. Drink the same by adding honey to it. One can also hold the decoction in mouth. The medicine checks all types of mouth disorders.

Process of Drug Making: Take equal parts of the above mentioned ingredients and raise 50 gm. of their coarsely powdered mix. Decoct it along with water measuring 800 ml. till it is reduced to one fourth.

कालकचूर्णम् (च. द.)–

गृहधूमो यवक्षारः पाठा व्योषं रसाञ्जनम् । तेजोह्वा त्रिफला लौहं चित्रकञ्चेति चूर्णकम् ।।
सक्षौद्रं धारयेदेतद् गलरोगविनाशनम् । कालकं नाम तच्चूर्णं दन्तास्यगलरोगनुत् ।।९४।।

94. Kalaka Cūrṇam:

Ingredients: Smoke deposit of the kitchen, *yavakṣāra*, *pāṭhā*, dried ginger, *marica*, *pippalī*, *rasāñjana*, *tejabal*, *haraḍa*, *vibhītaka*, *āmalakī*, *agar*, bark of *citraka* and honey.

Process of Drug-Making: Obtain powder of 12 gm. measure each of smoke deposit of the kitchen, *yavakṣāra*, *pāṭhā*, dried ginger, *marica*, *pippalī*, *rasāñjana*, *tejabal*, *haraḍa*, *vibhītaka*, *āmalakī*, *agar* and bark of *citraka*. Combine all these materials and add little quantity of honey to it.

Method of use/Administration: Hold this compound in mouth or brush teeth with this compound.

Therapeutic benefits: It effectively alleviates disorders related to teeth, mouth and throat.

(Cakradatt)

पीतकचूर्णम् (च. द.)–

मनःशिला यवक्षारोहरितालंससैन्धवम् । दार्वी त्वक् चेति तच्चूर्णं माक्षिकेण समायुतम् ।।९५।।
मूर्च्छितं घृतयोगेन कण्ठरोगेषु धारयेत् । मुखरोगेषु च श्रेष्ठं पीतकं नाम कीर्त्तितम् ।।९६।।

95-96. Pītaka Cūrṇam:

Ingredients: Purified *manahśilā*, *yavakṣāra*, purified *haritāla*, rock salt, *dāruharidrā*, cinnamon bark, powder of *dāru haridrā's* bark and honey.

Process of Drug-Making: Take 12 gm. each of purified *manahśilā*, *yavakṣāra*, purified *haritāla*, rock salt, *dāruharidrā*, cinnamon bark and powder of

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dāru haridrā's bark. Combine all these materials and triturate them together along with honey. Treat the preparation with *ghṛitam*. Put the recipe in a clay pitcher (its interior should be coated with *ghṛitam*). Put this pitcher under a heap of paddy for one week.

Method of use/Administration: Hold the medicine in mouth.

Therapeutic benefits: The mefdicine gives relief from throat problems and other mouth disorders.

(Cakradatt)

दशनसंस्कारचूर्णम्–

शुण्ठी हरीतकी मुस्ता खदिरं घनसारकम् । गुवाकभस्म मरिचं देवपुष्पं तथा त्वचम् ।।९७।।
एतेषां समभागेन चूर्णमेवं विनिर्दिशेत् । तत्समं प्रक्षिपेत्तत्र चूर्णं कठिनिसभ्भवम् ।।
एतद्दशनसंस्कारचूर्णं दन्तास्यरोगजित् ।।९८।।

97-98. Daśanasanskāra Cūrṇam:

Ingredients: Dried ginger, *haraḍa*, *mustā*, *khadira*, camphor, oxidum of betal-nut, black pepper, clove, cinnamon bark and *dugdhāśma* sand.

Process of Drug-Making: Obtain 1 part each of the powders of dried ginger, *harada*, *mustā*, *khadira*, camphor, oxidum of the nutmeg, black pepper, clove and cinnamon bark. Add to it powder of the lime measuring the combined weight of the above materials (i.e. 9 parts). This medicine is known as *Daśansanskāra Cūrṇam*.

Method of use/Administration: Use 1-3 gm. of this compound for brushing one's teeth.

Therapeutic benefits: It checks teeth and other mouth disorders.

दन्तरोगाशनिचूर्णम्–

जातीपत्रपुनर्नवातिलकणाकौरुण्टमुस्तावचाशुण्ठीदीप्यहरीतकीचसघृतं चूर्णं मुखे धारयेत् ।।
वातघ्नं क्रिमिदन्तशूलदहनं सर्वामयध्वंसनंदौर्गन्ध्यादिसमस्तदोषहरणं दन्तस्य रोगाशनिः ।।९९।।

99. Dantarogāśani Cūrṇam:

Ingredients: Jasmine leaves, *punarnavā*, sesame seeds, *pippalī*, leaves of *jhinṭi*, *mustā*, *vacā*, dried ginger, caraway seeds, *haraḍa* and honey.

Process of Drug-Making: Take equal parts of the powders of jasmine leaves, *punarnavā*, sesame seeds, *pippalī*, leaves of *jhinṭi*, *mustā*, *vacā*, dried ginger, caraway seeds and *haraḍa*.

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Method of use/Administration: Take 1-3 gm. of this powder and add little quantity of *ghṛitam* to it and hold the same in mouth.

Therapeutic benefits: This medication would check the *vāta roga*, tooth germs, *dantaśūla*, *danta dāha*, all types of mouth disorders and bad breath.

क्षारगुडिका–

पञ्चकोलकतालीशपत्रैलामरिचत्वच : । पलाशमुष्ककक्षारयवक्षाराश्च चूर्णिताः ।।
गुडे पुराणे क्वथिते द्विगुणे गुडिकाः कृताः । कर्कन्धुमात्राः सप्ताहं स्थिता मुष्ककभस्मनि ।।
कण्ठरोगेषु सर्वेषु धार्याः स्युरंमृतोपमाः ।।१००।।

100.Kṣāra Guḍikā:

Ingredients: Powders of *pippalī*, *pippalīmūla*, *cavya*, *citraka*, dried ginger, leaves of *tāliśa*, cardamom, black pepper, cinnamon bark, *palāśa kṣāra*, *kṣāra* of *muṣka*, *yavakṣāra*, jaggery and water.

Process of Drug-Making: Obtain 1 part each of the powders of *pippalī*, *pippalīmūla*, *cavya*, *citraka*, dried ginger, leaves of *tāliśa*, cardamom, black pepper, cinnamon bark, *palāśa kṣāra*, *kṣāra* of *muṣka* and *yavakṣāra*. Take jaggery twice the quantity of the above materials (i.e. 22 part) and dissolve it in water to make a syrup. Add rest of the materials into the syrup and triturate the same. Prepare small pills similar to the size of a *kola* fruit and place them either on leaves of banana or *eraṇḍa*. Tie the leaves with strings. Place the leaves inside the heap of *muṣka bhasma* for one week. After one week remove the same. This medicine is known as *Kṣārguḍikā*.

Method of use/Administration: Suck these pills.

Therapeutic benefits: This would give one relief from all types of throat problems.

खदिरवटिका स्वल्पा–

खदिरस्य तुलां सम्यग् जलद्रोणे विपाचयेत् । शेषेऽष्टभागे तत्रैव प्रतिवाप प्रदीपयेत् ।।१०१।।
जातीकर्पूरपूगानिकक्कोलफलकानि च । इत्येषा गुडिका कार्य्या मुखसौभाग्यवर्द्धिनी ।।१०२।।
दन्तौष्ठमुखरोगेषु जिह्वाताल्वामयेषु च ।।१०३।।

101-103. Khadirā Vaṭikā:

Ingredients: *Khadirā*, water, powders of *jātī*, *karpūra*, *pūga* and *kakkola* (fruits).

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Process of Drug-Making: Obtain 5 kg. of *khadira* and boil in 12.50 litre of water till one eighth of water remains. Add to this, 46 gm. measure each of the powders of *jātī*, *karpūra*, *pūga* and *kakkola* (fruits) and mix well. From this recipe, prepare pills measuring 500 mg. each.

Method of use/Administration: Suck these pills.

Therapeutic benefits: Sucking these pills makes the mouth healthy and cures diseases of teeth, lips, tongue, palate and mouth.

खरिरवटिका बृहती–

गायत्रिसारतुलयेरिमवल्कलानांसाद्ध तुलायुगलमम्बुघटैश्चतुर्भिः ।
निक्वाथ्य पादमवशिष्टसुवस्त्रपूतंभूयः पचेदथ शनैर्मृदुपावकेन ।।१०४।।
तस्मिन् घनत्वमुपगच्छति चूर्णमेषांश्लक्ष्णं क्षिपेच्च कवडग्रहभागिकानाम् ।
एलामृणालसितचन्दनचन्दनाम्बुश्यामातमालविकषाघनलौहयष्टी ।।१०५।।
लज्जाफलत्रयरसाञ्जनधातकीनांश्रीपुष्पगैरिककुटन्नटकट्फलानाम् ।
पद्याटलोध्रवटरोहयवासकानांमांसीनिशासुरभिवल्कलसंयुतानाम् ।।१०६।।
कक्कोलजातीफलकोषलवङ्गकानि चूर्णीकृतानि विदधीत फलांशिकानि ।
शीतेऽवतार्य्य घनसारचतुष्पलञ्च क्षिप्त्वा कलायसदृशीर्गुडिकाः प्रकुर्यात् ।।१०७।।
शुष्कामुखे विनिहिता विनिवारयन्ति रोगान् गलौष्ठरसनाद्विजतालुजातान् ।
कुर्युर्मुखे सुरभितां पटुतां रुचिञ्च स्थैर्य्यं परं दशनगं रसनालघुत्वम् ।।१०८।।

104-108. Khadirā Vātika (Major Type):

Ingredients: *Khadirā*, bark of *irimeda*, water, powders of *elā*, *mṛiṇāla*, *śveta candana*, *rakta*, *candana*, *ambu*, *śyāmā*, *tamalā*, *vikaṣā*, *ghana*, *lauha* (*aguru*), *yaṣṭimadhu*, *lajjālu*, *harītakī*, *vibhītakī*, *āmalakī*, *rasāñjana*, *dhātakī*, *sṛipuṣpa*, *gairika*, *kuṭannaṭa*, *kaṭphala*, *padmahava*, *lodhra*, adventitious roots of *vaṭa*, *yavāsaka*, *māmsī*, *haridrā*, *surabhi* and *tvak*, *kakkola*, *jātīphala*, *duṣṭa*, *lavanga* and *karpūra*.

Process of Drug-Making: Get 4.60 kg. of *khadira* and 11.50 kg. of the bark of *irimeda*. Boil both these ingredients by adding 50 litre of water till one fourth of water remains. Strain this decoction through a clean cloth and cook it again over mild-fire till it becomes semi-sold. Add to this, 12 gm. each of the fine powders of *elā*, *mṛiṇāla*, *śveta candana*, *rakta*, *candana*, *ambu*, *śyāmā*, *tamalā*, *vikaṣā*, *ghana*, *lauha* (*aguru*), *yaṣṭimadhu*, *lajjālu*, *harītakī*, *vibhītakī*, *āmalakī*, *rasāñjana*, *dhātakī*, *sṛipuṣpa*, *gairika*, *kuṭannaṭa*, *kaṭphala*, *padmahava*, *lodhra*, adventitious roots of *vaṭa*, *yavāsaka*, *māmsī*, *haridrā*, *surabhi* and *tvak*, and 46 gm. each of the powders of *kakkola*, *jātīphala*, *duṣṭa* and *lavanga*. Properly churn them together

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and add to it 187 gm. of *karpūra*. Prepare pills measuring 375 mg. each out of this *kalka* and dry them.

Method of use/Administration: These pills should be kept in the mouth and slowly sucked.

Therapeutic benefits: It cures the diseases of throat, *kāsa* (coughs), tongue, tooth and palate. It promotes good smell in the mouth, excellent appetite, sturdiness of tooth and speech (lightness of the tongue).

सहकारवटी–

सहकारस्य निम्बस्य खदिरस्याशनस्यच । तुलांपृथग् विनिक्वाथ्य द्रोणमानेन चाम्बुना ।।१०९।।
एकीकृत्य कषायांश्च पादशिष्टान् पुनः पचेत् । तत्र क्षिपेनमलयजं बालुकं रक्तचन्दनम् ।।११०।।
गैरिकं देवपुष्पञ्च धातकीं रजनीद्वयम् । लोध्रं जातीफलं श्यामां चातुर्जातं फलत्रयम् ।।१११।।
वटप्ररोहमञ्जिष्ठामांसीरम्बुधरं बिडम् । कटुत्रयमयश्चन्द्रं प्रसृत्यर्द्धप्रमाणतः ।।११२।।
ततःकलायसदृशीर्विदध्याद्गुजिका भिषक् । रोगान् कण्ठौष्ठरसनादन्ततालुसमुद्भवान् ।।११३।।
सहकारवटी हन्यादाश्वेव वदने धृता । जनयेन्मुखसौरभ्यं सुरुचिं स्थिरदतताम ।।११४।।

109-114. Sahakāra Vaṭī:

Ingredients: Bark of mango tree, water, decoctions of bark of *nimba*, *khadira kāṣṭha*, bark of *aśan*, white sandalwood, *netrabālā*, red sandalwood, *svarṇa gairika*, clove, flowers of *dhātakī*, *haridrā*, *dāru haridrā*, *lodhra*, *jātīphala*, *anantamūla*, cinnamon bark, cardamom, cassia leaves, *nāgakeśara*, *haraḍa*, *vibhītaka*, *āmalakī*, *vaṭajaṭānkur*, *manjiṣṭhā*, *jaṭāmānsī*, *mustā*, *viḍa* salt, dried ginger, *marica*, *pippalī*, *lauha bhasma* and camphor.

Process of Drug-Making: Obtain bark of mango tree (4.6 kg.) and cut it into pieces. Decoct it with water measuring 12.50 litre. Cook the same until the original quantity is reduced to one fourth and filter it. Similarly obtain separate decoctions of bark of *nimba*, *khadira kāṣṭha* and bark of *aśan*. The decoctions of these materials should be equal to 3.125 litre each. Following this combine all the above decoctions and cook them together. When the preparation becomes thick (*ghanibhūta*) add to it powders of the following each measuring 46 gm. each: white sandalwood, *netrabālā*, red sandalwood, *svarṇa gairika*, clove, flowers of *dhātakī*, *haridrā*, *dāru haridrā*, *lodhra*, *jātīphala*, *anantamūla*, cinnamon bark, cardamom, cassia leaves, *nāgakeśara*, *haraḍa*, *vibhītaka*, *āmalakī*, *vaṭajaṭānkur*, *manjiṣṭhā*, *jaṭāmānsī*, *mustā*, *viḍa* salt, dried ginger, *marica*, *pippalī*, *lauha bhasma* and camphor. After thoroughly triturating the recipe, prepare pills measuring 250 mg. each. This pill is known as *Sahakāra Vaṭī*.

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Method of use/Administration: Take one pill daily and suck it for the whole day.

Therapeutic benefits: By doing this it would cure throat, lips, tongue, teeth and *talu* disorders. It also promotes tastiness, decreases bad breath and strengthens teeth.

रसेन्द्रवटी–

रसेन्द्रगन्धाश्मजतुप्रवाललौहानि वैद्यः समभागकानि ।
रसेन्द्रपादप्रमितञ्चहेमविभाव्यनिम्बाशनवह्नितोयैः ।।११५।।
ततो वटीर्वल्लमिता विमर्द्य विधायबुद्धया बहुवारवारा ।
फलत्रिकक्वाथजलेनवापिप्रातः प्रयुञ्ज्यात्प्रकराम्बुनावा ।।११६।।
रसेन्द्रवट्यास्यगदान्निहन्तिवातामयान् मेहगणाञ्जवरांश्च ।
करोति वह्नेर्बलवीर्ययोश्च पुष्टिर्विशेषेण रसायनीयम् ।।११७।।

115-117. Rasendra Vaṭī:

Ingredients: Purified *pārada*, purified *gandhaka*, purified *śilājatu*, *pravāla bhasma*, *lauha bhasma*, *svarṇa bhasma*, decoctions of barks of *nimba* plant, *asana* plant and *citraka's* root.

Process of Drug-Making: Obtain purified *pārada*, purified *gandhaka*, purified *śilājatu*, *pravāla bhasma*, and *lauha bhasma* each measuring 12 gm. and *svarṇa bhasma* measuring 3 gm. Triturate all these materials together. Prepare separate decoctions of barks of *nimba* plant, *asana* plant and *citraka's* root. Get the compounded material treated with these decoctions separately through *bhāvanā* method for three times each. Subsequently titurate the same and prepare pills measuring 375 mg. each.

Method of use/Administration: Take one pill of this medicine with decoction of *śelutvaka*, *triphalā* or *aguru* in the morning hours.

Therapeutic benefits: This pill is very helpful in curing mouth problems, *vāta roga*, all types of *prameha* (i.e. urinary disorders including diabetes) and fevers. It also promotes digestive power, strength and concentrates the semen. This is a good nutrient provider.

मुखरोगहरी वटी–

रसगन्धौ समौ ताभ्यां द्विगुणञ्च शिलाजतु । गोमूत्रेण विमर्द्याथ सप्तधाऽर्कद्रवेण च ।।११८।।
जातीनिम्बमहाराष्ट्रीरसैः सिध्यति पाकहा । कणामधुयुता हन्ति मुखपाकं सुदारुणम् ।।११९।।
अष्टगञ्जाधृतावक्त्रेसद्यो हन्ति वटी गदान् । महाराष्ट्र्याश्च कल्केन मुखञ्च प्रतिसारयेत् ।।१२०।।
धारणात्सेवनाच्चापि वटी हन्ति मुखामयान् ।।१२१।।

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8-121. Mukharogaharī Vaṭī:

Ingredients: Purified *pārada*, purified *gandhaka*, purified *śilājatu*, cow urine, juice of *arka*, juice of jasmine leaves, juice of lemon leaves and juice or decoction of *jalapippalī*.

Process of Drug-Making: Take purified *pārada* (12 gm.), purified *gandhaka* (12 gm.), purified *śilājātu*(48 gm.). Prepare *kajjalī* out of *pārada* and *gandhaka* and adding *śilājātu* to it, triturate the same thoroughly. Following this, treat the compound separately with cow urine, juice of *arka*, juice of jasmine leaves, juice of lemon leaves and juice or decoction of *jalapippalī* through *bhāvanā* method for seven times each. After treating through *bhāvanā* method triturate the compound and prepare pills measuring 500 mg. each. This pill is called as *Mukharogahar Vaṭī*.

Method of use/ Administration and Therapeutic benefits: This pill should be consumed along with powder of *pippalī* (500 mg.) and honey (6 gm.). Its consumption can cure one from serious mouth disorders. Sucking this pill would clear problems of mouth, teeth, tongue and *tālu*. Churn this pill with *jalapippalī* and apply it as *pratisāran* in mouth and tongue. Holding the same in mouth and consuming it helps in checking mouth problems.

पथ्या वटी (र. सा. सं.)–

पथ्याबालककुष्ठञ्चगोमूत्रेण प्रसाधयेत् । एषा च वटिका हन्ति मुखदौर्गन्ध्यसन्ततिम् ।।१२२।।

122. Pathyā Vaṭī:

Ingredients: *Harītakī*, *netrabālā*, *kuṣṭha* and cow urine.

Process of Drug-Making: Cook powders of *harītakī*, *netrabālā* and *kuṣṭha* with cow urine measuring eight times greater. Cook the preparation as to get it thickened. Prepare pills in measurement of 500 mg.

Method of use/Administration: Suck these pills.

Therapeutic benefits: Sucking this pill helps in alleviating mouth problems like bad smell in mouth.

(*Rasendra Sār Sangraha*)

पार्वतीरसः (र. सा. सं.)–

पार्वतीशिवसम्भूतो दरदो मधुपुष्पकम् । गुडूचीशाल्मलीद्राक्षाधान्यभूनिम्बमार्कवम् ।।१२३।।
तिलमुद्गपटोलञ्च कूष्माण्डलवणद्वयम । यष्टिकाधान्यकं भस्म चान्तर्दग्धं समं समम् ।।१२४।।

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मुखरोगं निहन्त्याशु पार्वतीरस उत्तमः । पित्तज्वरं चिरं हन्ति तिमिरञ्च तृषामपि ।।१२५।।

123-125. Pārvatī Rasa:

Ingredients: Purified *gandhaka*, purified *pārada*, purified *hiñgula*, flowers of *madhūka*, *guḍūcī*, *śālmalī kanda*, raisins, corianders seeds, *kirātatikta*, *bhṛingarāja*, sesame seeds, *mudga* (*urada* pulse), leaves of *paṭola*, *kuśmanḍa*, rock salt, *viḍa lavaṇa*, *madhuka* and coriander.

Process of Drug-Making: Take the following in measurement of 50 gm. each: purified *gandhaka*, purified *pārada*, purified *hiñgula*, flowers of *madhūka*, *guḍūcī*, *śālmalī kanda*, raisins, corianders seeds, *kirātatikta*, *bhṛingarāja*, sesame seeds, *mudga* (*urada* pulse), leaves of *paṭola*, *kuśmanḍa*, rock salt, *viḍa lavaṇa*, *madhuka* and coriander. First of all prepare *kajjalī* out of *pārada* and *gandhaka* and add *hiñgula* to it. Triturate the mixture. Collect the materials flowers of *madhūka*, *guḍūcī*, *śālmalī kanda*, raisins, corianders seeds, *kirātatikta*, *bhṛingarāja*, sesame seeds, *mudga* (*urada* pulse), leaves of *paṭola*, *kuśmanḍa*, rock salt, *viḍa lavaṇa*, *madhuka* and coriander in a small pitcher and cook it methodologically through a *gajapuṭa*. After cooking, take out the resultant *bhasma* and churn it along with above mentioned *kajjalī*. This medicine is known as *Pārvatī Rasa*.

Method of use/Administration: Consume this medicine in doses of 500 mg. daily during morning and evening along with honey.

Therapeutic benefits: Its consumption cures one from mouth disorders, *pittajvara*, *timira* and morbid thirst.

(*Rasendra Sār Sangraha*)

सप्तामृतरसः (र. र.)–

मृतसूनाभ्रकं तुल्यं मृतलौहं शिलाजतु । गुग्गुलुञ्च शिलां ताप्यं समांशं मधुना लिहेत् ।।
माषमात्रप्रयोगेण मुखरोगं विनाशयेत् ।।१२६।।

126. Saptāmṛita Rasa:

Ingredients: *Pārada bhasma*, *rasa sindūra*, *abhraka bhasma*, *lauha bhasma*, purified *śilājatu*, purified *guggulu*, purified *manahśilā* and *svarṇamākṣika bhasma*.

Process of Drug-Making: Obtain *pārada bhasma*, *rasa sindūra*, *abhraka bhasma*, *lauha bhasma*, purified *śilājatu*, purified *guggulu*, purified *manahśilā* and

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svarṇa mākṣika bhasma each in 12 gm. measurement. Finely pulverize all these materials together.

Method of use/Administration: Consume 1 gm. (modern dose 62 mg.) of this medicine along with honey.

Therapeutic benefits: This medicine is called as *Saptāmrata Rasa*. It cures mouth disorders.

(*Ras Ratnākar*)

चतुर्मुखो रसः (र. सा. सं.)–

मृतं सूतं मृतं स्वर्णं द्वाभ्यान्तुल्यां मनःशिलाम् । विमर्दयेच्च तैलेन अतसीसम्भवेन च ।।१२७।।
तद्गोलं वस्त्रतो बद्ध्वा लेपयेच्च समन्ततः । अतसीफलकल्केन दोलायन्त्रे त्र्यहं पचेत् ।।
उद्धृत्य धारयेद्वक्त्रे जिह्वादन्तास्यरोगनुत् ।।१२८।।

127-128. Caturmukha Rasa:

Ingredients: *Pārada bhasma*, *svarṇa bhasma*, purified *manahśilā*, oil of *atasī*, decoction of *alasi* and honey.

Process of Drug-Making: Obtain *pārada bhasma* (12 gm.), *svarṇa bhasma* (12 gm.), purified *manahśilā* (24 gm.) and triturate it along with oil of *atasī*. Prepare round shaped lump of the compound and wrap it in a piece of cloth and seal it with mud. Treat it through *svedana* process with decoction of *atasī* through the *Dolāyañtra* method for three consecutive days. On fourth day take out the compound and triturate it along with honey. Prepare pills measuring 62 mg. These pills are known as *Caturmukha Rasa*.

Method of use/Administration: Suck these pills.

Therapeutic benefits: Sucking these pills would give relief from disorders related to tongue, teeth and mouth.

(*Rasendra Sār Sangraha*)

मालत्याद्यं घृतम्–

मालत्या द्रोणपुष्प्याश्च निम्बबब्बोलयोस्तथा । सहाचरस्यसर्जस्यस्वरसेन पृथक् पृथक् ।।१२९।।
कल्कैर्मलयजोशीररक्तचन्दनचम्पकैः । अश्वत्थवटनीलीभी रचनीदारुत्रैः प्रवैः ।।१३०।।
दार्व्या विश्वाह्वकुष्ठाभ्यां कणया च पचेद् घृतम् । शनैस्ताम्रमये पात्रे कृतवङ्गविलेपने ।।१३१।।
मालत्याद्यमिदं सर्पिर्गदान् मुखसमुद्भवान् । निहन्यान्नात्र सन्देहो भास्करस्तिमिरं यथा ।।१३२।।

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129-132. Mālatyādya Ghṛitam:

Ingredients: *Mūrcchita* cow *ghṛitam*, juices and decoctions of jasmine leaves, *neem* leaves, *babbūla* leaves, *sahāchara* and *śāla*, white sandalwood, *uśīra*, red sandalwood, bark of *campakak*, bark of *pippalī*, bark of *vaṭa*, root of *nīla*, *haridrā*, *devadāru*, rock salt, *dāru haridrā*, dried ginger, *kuṭaja* and *pippalī*,.

Process of Drug-Making: Collect the following: *mūrcchita* cow *ghṛitam* (1 kg.), 1 litre quantity each of juices and decoctions of jasmine leaves, *neem* leaves, *babbūla* leaves, *sahāchara* and *śāla*. Also take the following and prepare *kalka* out of them (each measuring 18 gm.): white sandalwood, *uśīra*, red sandalwood, bark of *campakak*, bark of *pippalī*, bark of *vaṭa*, root of *nīla*, *haridrā*, *devadāru*; rock salt, *dāru haridrā*, dried ginger, *kuṭaja* and *pippalī*.

Take a *tāmra* (copper) ware (which has a coating of *vanga* on it) and mix all the materials together. Cook the preparation methodologically through this pot and obtain medicinal *ghṛitam* out of it.

Method of use/Administration: Consume this *ghṛitam* in doses of 6-12 gm. along with milk. The same can also be applied externally over the mouth.

Therapeutic benefits: It gives relief from various mouth disorders.

विदार्यादितैलम् (चलदन्तरोगे)–

ततो विदारीयष्ट्याह्वशृङ्गाटककशेरुभिः । तैलं दशगुणं क्षीरं सिद्धं नस्ये तु योजयेत् ।।१३३।।

133. Vidāryādi Tailam:

Ingredients: *Mūrcchita* oil, *kalka* of *vidārīkanda*, *madhuyaṣṭī*, *śṛīngāṭa*, *kaseru* and *kṣīra*.

Process of Drug-Making: Cook *mūrcchita* oil (1 litre) along with *kalka* of *vidārīkanda*, *madhuyaṣṭī*, *śṛīngāṭa* and *kaṣeru* (60 gm. each) in milk measuring 10 litre.

Method of use/Administration: After removing a loose teeth one should have nasal therapy with this oil.

सहाचरतैलम्–

तुलांधृतांनीलसहाचरस्यद्रोणेऽम्भसः संश्रपयेद्यथाव ।
पूते चतुर्भागरसे तु तैलं पचेच्छनैरुद्धपलप्रमाणैः ।।१३४।।
कल्कैरनन्ताखदिरारिमेदजम्ब्वाम्रयष्टीमधुकोत्पलानाम्
तत्तैलमाश्वेव धृतंमुखेनस्थैर्यं द्विजानां विदधति सद्यः ।।१३५।।

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134-135. Sahācara Tailam:

Ingredients: Blue variety of *sahācara*, water, *mūrcchita* oil, *kalka* of *anantā*, *khadira*, *arimeda*, *jambū*, *amra*, *yaṣṭimadhu* and *utpala*.

Process of Drug-Making: Get 5 kg. of the blue variety of *sahacara* and boil it in 12.50 litre of water till one fourth of water remains. To this decoction, add *mūrcchita* oil (1500 ml.) and *kalka* prepared from equal parts (i.e. 54 gm. each) of *anantā*, *khadira*, *arimeda*, *jambū*, *amra*, *yaṣṭimadhu* and *utpala*.

Method of use/Administration: Keeping this medicated oil in the mouth.

Therapeutic benefits: It instantaneously produces stability in loose teeth.

इरिमेदाद्यं तैलम्-मुखदन्तरोगे (च. द.)–

इरिमेदत्वक्पलशतमभिनवमापोथ्यखण्डशःकृत्वा । तोयाढकैश्चतुर्भिर्निक्वाथ्य चतुर्थशेषेण ।।१३६।।
क्वाथेन तेन
मतिमांस्तैलस्यार्द्धाढकंशनैर्विपचेत् । कल्कैरक्षसमांशैर्मञ्जिष्ठालोध्रमधुकानाम् ।।१३७।।
इरिमेदखदिरकट्फललाक्षान्यग्रोधमुस्तसूक्ष्मैला
कर्पूरागुरुपद्मकलवङ्गकक्कोलजातीफलानाम्।।१३८।।
पतङ्गगैरिकवराङ्गगजकुसुमधातकीनाञ्च । सिद्धं भिषग्विदध्यादिदं मुखोत्थेषु रोगेषु ।।१३९।।
परिशीर्णदन्तविद्रधिशैशिरशीताददन्तहर्षेषु । कृमिदन्तदालनचलितप्रहृष्टमांसावशीर्णेषु ।।१४०।।
मुखदौर्गन्ध्येषु कार्यं प्रागुक्तेष्वामयेषुतैलमिदम् ।।

136-140. Irimedādya Tailam:

Ingredients: Freshly collected bark of *irimeda*, water, *mūrcchita* oil, *manjiṣṭhā*, *lodhra*, *madhuka*, *irimeda*, *kaṭphala*, *lākṣā*, *nyagrodha*, *sūkṣmailā*, *karpūra*, *aguru*, *padmaka*, *lavanga*, *kañkola*, *jātīphala*, *patañga*, *gairika*, *varānga*, *gaja kusuma* and *dhātakī*.

Process of Drug-Making: Get 4.60 kg. of freshly collected bark of *irimeda* and cut it into small pieces. Boil these pieces by adding 12.50 litre of water till one fourth of water remains. To this decoction, add 1500 ml. of *mūrcchita* oil and gradually cook it by adding to it the *kalka* prepared from *manjiṣṭhā*, *lodhra*, *madhuka*, *irimeda*, *kaṭphala*, *lākṣā*, *nyagrodha*, *sūkṣmailā*, *karpūra*, *aguru*, *padmaka*, *lavanga*, *kañkola*, *jātīphala*, *patañga*, *gairika*, *varānga*, *gaja kusuma* and *dhātakī* (12 gm. each).

Method of use/Administration: This medicated oil should be used by the physician in the treatment of mouth-diseases.

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Therapeutic benefits: It cures *pariśīrṇa*, *danta vidradhi*, *saiśira*, *śītadanta*, *danta harṣa*, *kṛimi danta*, *dālana*, *calita danta* (looseness of tooth), *praduṣṭa māmsa*, *avaśīrna* and *mukha daurgandhya* (foul smell emanating from the mouth).

(Cakradatt)

लाक्षाद्य तैलम्–मुखदन्तरोगे (च. द.)–

तैलं लाक्षारसं क्षीरं पृथक् प्रस्थं तैलं पचेत् । चतुर्गुणेरिमक्वाथे द्रव्यैश्च पलसम्मितैः ।।१४१।।
लोध्रकट्फलमञ्जिष्ठापद्मकेशरपद्मकैः । चन्दनोत्पलयष्ट्याह्वैस्तैलं गण्डूषधारणम् ।।१४२।।
दालनं दन्तचालञ्च दन्तमोक्षं कपालिकाम् । शीतादं पूतिवक्त्रञ्च अरुचिं विरसास्यताम् ।।१४३।।
हन्यादाशु गदानेतानकुर्य्याद्दन्तानपि स्थिरान्।।१४४।।

141-144. Lākṣādya Tailam:

Ingredients: *Mūrcchita* oil, juice of *lākṣā*, milk, water, *lodhra*, *manjiṣṭhā*, *padma keśara*, *uśīra*, *padmaka*, *candana*, *utpala* and *yaṣṭimadhu*.

Process of Drug-Making: Get 750 ml. of *mūrcchita* oil and cook it along with the juice of *lākṣā* (750 ml.), milk (750 ml.), water (3 litres) and the *kalka* prepared from equal parts (i.e. 46 gm. each) of *lodhra*, *manjiṣṭhā*, *padma keśara*, *uśīra*, *padmaka*, *candana*, *utpala* and *yaṣṭimadhu*.

Method of use/Administration: Use it for gargling.

Therapeutic benefits: Gargling with this medicated oil instantaneously cures *dālana*, *danta cālana* (looseness of tooth), *danta moksa*, *kapālikā*, *śītāda*, foul smell coming out-of the mouth, loss of appetite and distaste in the mouth. It causes sturdiness of teeth as well.

(Cakradatt)

वकुलतैलम्-दन्तादार्ढ्यकृत् (च. द.)–

वकुलस्य फलं लोध्र वज्रवल्ली कुरण्टकम् ।
चतुरङ्गुलब्बोलवाजिकर्णेरिमाशनम् ।।१४५।।
एषां कषायकल्काभ्यां तैलं पक्वं मुखे धृतम् ।
स्थैर्यं करोति चलतां दन्तानां नावनेन च ।।१४६।।

145-146. Bakula Tailam:

Ingredients: Fruits of *bakula*, *lodhra*, *vajra vallī*, *kuraṇṭaka*, *āragvadha*, *babhūla*, *vājikarṇa*, *irimeda*, *asana* and *mūrcchita* sesame oil.

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Process of Drug-Making: Obtain 475 gm. each of the following: fruits of *bakula*, *lodhra*, *vajra vallī*, *kuraṇṭaka*, *āragvadha*, *babbūla*, *vājikarṇa*, *irimeda* and *asana*. Prepare a decoction by taking 444 gm. of each of these ingredients along with 16 litre of water and reducing it to one fourth. Prepare a *kalka* out of the remaining 28 gm. of each of the ingredients. Take *mūrcchita* sesame oil measuring 1 litre and cook all the ingredients together.

Method of use/Administration: Hold this oil in mouth and use it for *nasya* (inhalation).

Therapeutic benefits: Keeping this medicated oil in the mouth and the *nasya* (inhalation) therapy through it stabilizes the loose tooth.

(Cakradatt)

जात्याद्यं तैलम् (मुखरोगे-भगन्दरादौ च)–

जातीपल्लवतोयेन शङ्खपुष्पीरसेन च । वकुलत्वक्कषायेण पचेत्तैलं तिलोद्भवम् ।।१४७।।
गायत्रीमाम्रबीजञ्च त्रिफलां कटुकत्रयम् । चव्यं नीलोत्पलं कुष्ठं मधुकं रजनीद्वयम् ।।१४८।।
मुस्तकं बालकं लोध्रं सिन्दूरं स्वर्णगैरिकम् । कल्कीकृत्य क्षिपेत्तत्र वटरोहमयोऽपि च ।।१४९।।
जात्याद्याख्यमिदंतैलंनिखिलान्मुखजान्गदान् । भगन्दरोपदंशौ च व्रणं दुष्टं निहन्ति च ।।१५०।।

147-150. Jātyādya Tailam:

Ingredients: *Mūrcchita* sesame oil, juice of jasmine leaves, juice or decoction of *śankhapuṣpī*, decoction of bark of *vakula*, oil, bark of *khadira*, stone pulp of mango fruit, *haraḍa*, *vibhītaka*, *āmalakī*, dried ginger, *marica*, *pippalī*, *cavya*, *nīlakamal*, *kuṣṭha*, *madhuyaṣṭī*, *haridrā*, *dāru haridrā*, *mustā*, *netrabālā*, *lodhra*, *sindūra*, *svarṇa gairika*, *vaṭānkura* and *lauha* powder.

Process of Drug-Making: *Mūrcchita* sesame oil (1 litre) and 4 litre each of juice of jasmine leaves, juice or decoction of *śankhapuṣpī*, decoction of bark of *vakula*. Take all these materials together and mix them.

Also prepare *kalka* of the following materials measuring 12 gm. each: bark of *khadira*, stone pulp of mango fruit, *haraḍa*, *vibhītaka*, *āmalakī*, dried ginger, *marica*, *pippalī*, *cavya*, *nīlakamal*, *kuṣṭha*, *madhuyaṣṭī*, *haridrā*, *dāru haridrā*, *mustā*, *netrabālā*, *lodhra*, *sindūra*, *svarṇa gairika*, *vaṭānkura* and *lauha* powder.

Combining all the above materials cook the preparation methodologically and obtain medicinal oil. This oil is known as *Jātyādi Taila*.

Therapeutic benefits: It cures all sorts of mouth disorders, *bhagandara*, *upadamśa* and bad *vraṇa*.

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मुखरोगे पथ्यापथ्यानि–

स्वेदो विरेकोवमनंगण्डूषः प्रतिसारणम् । कवलोऽमृक्श्रुतिर्नस्यं धूमः शस्त्राग्निकर्मणी ।।१५१।।
तृणाधान्यं यवामुद्गाः कुलत्था जाङ्गलो रसः । बहुपत्री कारबेल्लं पटोलं बालमूलकम् ।।१५२।।
कर्पूरनीरं ताम्बूलंतप्ताम्बुखदिरोघृतम् । कटुतिक्तौ च वर्गोऽयं मित्रं स्यान्मुखरोगिणाम् ।।१५३।।

151-153. The following are considered as beneficial for the treatment of mouth disorders: *svedana*, *virecana*, vomiting, *gaṇḍūṣa*, *pratisāraṇa*, *kavala*, *rakta mokṣana*, nasal therapy, *dhūma*, *śastrakarma*, cauterization, *tṛIṇadhānya*, *yava*, *mudga*, *kulattha*, meat soup of wild birds and animals, *muṣalī* or *śatāvarī*, *kārvellaka*, leaves of *paṭola*, raw radish, *karpūrāmbu*, betel leaves, cold drinking water, warm water for washing the hands and feet, bark and decoction of *khadira*, *ghṛitam*, *kaṭu* and bitter juices.

दन्तकाष्ठं स्नानमम्लं मत्स्यमानूपमामिषम् । दधि क्षीरं गुडं माषं रूक्षान्नं कठिनाशनम् ।।१५४।।
अधोमुखेन शयनं गुर्वभिष्यन्दकारि च । मुखरोगेषु सर्वेषु दिवानिद्रां विवर्जयेत् ।।१५५।।

154-155. The patient having mouth isorders should avoid citrus edibles, fishes, meat soup obtained from marshy countries (*anupa deśaa*), curd, milk, jaggery, *urada* beans, edibles that are difficult to chew, difficult to digest or having *abhṣayanda* properties. He should also not wash his tooth frequently, should not take bath frequently and should not sleep keeping his face downward and he should not sleep during the day time.

इति भैषज्यरत्नावल्यां मुखरोगचिकित्साप्रकरणम् ।।६१।।
इति भैषज्यरत्नावल्यां 'विद्योतिनी' नामिकायं भाषाटीकायांमुखरोगचिकित्साप्रकरणम् ।।६१।।

End of the Chapter 61 of Bhaiṣajya Ratnāvalī with Commentary

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अथ कर्णरोगचिकित्साप्रकरणम् ६२

Chapter 62
Karṇa Roga

कर्णशूलचिकित्सा–

कपित्थमातुलुङ्गाम्लशृङ्गबेररसैः शुभैः । सुखोष्णैः पूरयेत् कर्ण कर्णशूलोपशान्तये ।।१।।

1. The earache is cured by drops (that are moderately warm) of the juice of leaves, roots and fruits of plants *khadira* and *mātulunga* lemon along with ginger.

शृङ्गबेरञ्च मधु च सैन्धवं तलमेव च । कदुष्णं कर्णयोर्देयमेतद्वा वेदनापहम् ।।२।।

2. The ailing ear should be filled in with warmed juice of ginger (6 gm.), honey (2 gm.), powder of rock salt (250 mg.) and sesame or mustard oil (6 gm.) mixed together.

लशुनार्द्रकशिग्रूणां स्वरसो मूलकस्य च । कदल्याः स्वरसः श्रेष्ठः कदुष्णः कर्णपूरणे ।।३।।

3. The earache and *karṇasrāva* (otorrohea) are cured by drops of garlic pearls, ginger, leaves of plant *śigru*, leaves of radish and juice of banana trunk. These juices should be served in lukewarm condition.

समुद्रफेनचूर्णेन युक्त्या वाऽप्यवचूर्णयेत् ।।४।।

4. The earache is cured by powder of *samudra phena* or drops of sesame or mustard oil and juice of lemon. These juices could be served singly or in combination.

आर्द्रकसूर्यावर्त्तकशोभाञ्जनमूलकस्वरसाः । मधुतैलसैन्धवयुताः पृथगुक्ताः कर्णशूलहराः ।।५।।

5. The earache and *karṇasrāva* (otorrohea) are cured by drops of ginger, leaves of plant *śigru*, leaves of radish and plant *sūryāvarta*. These juices should be warmed up along with honey, oil and rock salt.

शोभाञ्जनकनिर्यासस्तिलतैलेन संयुतः । व्यक्तोष्णः पूरणः कर्णे कर्णशूलोपशान्तये ।।६।।

6. To eliminate *karṇa śūla*, one should use warm drops of juice of *śigru* roots and sesame oil.

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अष्टानामपि मूत्राणां मूत्रेणान्यतमेन च । कोष्णेन पूरयेत्कर्णं कर्णशूलोपशान्तये ।।७।।

7. Earaches are also checked by warm drops of any of the *aṣṭa mūtras* (urines).

अश्वत्थपत्रखल्लं वा विधाय वहुपत्रकम् । तैलाक्तमङ्गारपूर्णं निदध्याच्छ्रवणोपरि ।।८।।
यत्तैलं च्यवते तस्मात् खल्लादङ्गारतापितात् । तत्प्राप्तं श्रवणश्रोतः सद्यो गह्णाति वेदनाम ।।९।।

8-9. Make a bowl out of the *ghṛitam* coated leaves of *aśvattha* tree. Fill in the bowl with hot coal pieces. This would release hot drops of oil. As soon as these drops are served to the ailing part the patient feels quite comfortable.

अर्कपत्रपुटे दग्धः स्नुहीपत्रोद्भवो रसः । कदुष्णः पूरणादेव कर्णशूलनिवारणः ।।१०।।

10. Prepare *kalka* of *snuhī* leaves and subsequently wrap the *kalka* with leaves of *arka*. Cook the pack according to *puṭapāka* method and remove it when it is cooked. Pour a few drops of this liquid (when it is still warm) into the ears. This would give relief from earache.

अर्कस्य पत्रं परिणामपीतमाज्येन लिप्तं शिखिनावतप्तम् ।
आपीड्य तोयं श्रवणे निषिक्तं निहन्ति शूलं बहुवेदनश्च ।।११।।

11. Apply coating of *ghritam* on the ripe leaves of *arka* and heat them on burning woods. Squeeze the leaves with hands and obtain warm juice out of them. This juice should be used as ear drops to check paining ear.

तीव्रशूलातुरे कर्णे सशब्दे क्लेदवाहिनि । बस्तमूत्रं क्षिपेत्कोषं सैन्धवेनावचूर्णितम् ।।१२।।

12. If there is a *śotha* in the middle ear, discharge of pus and vibration of sound and earache, one should use hot urine of a goat. The hot urine should be treated with rock salt and used as a drop.

वंशावलेखसंयुक्तं मूत्रे चाजाविके भिषक् । तैलं पचेत्तेन कर्ण पूरयेत्कर्णशूलिनः ।।१३।।

13. Oil (250 gm.) should be cooked along with *vamśāvalekha* (the outer green bark of bamboo) (60 gm.) and the urine of goat and sheep (500 ml. each). This medicated oil should be dropped into the ear which cures earache.

हिङ्गुतुम्बुरुशुण्ठीभिः साध्यं तैलन्तु सार्षपम् । कर्णशूले प्रधानन्तु पूरणं हितमुच्यते ।।१४।।

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14. Mustard oil (1 litre) should be cooked along with *hingu*, *tumburu* and *śuṇṭhī* (85 gm. each). Dropping this oil into ear is useful for the cure of earache.

दीपिकातैलपूरणम् (च. द.)–

महतः पञ्चमूलस्य काण्डान्यष्टाङ्गुलानि च । क्षोमेणावेष्ट्य संसिच्य तैलेनादीपयेत्ततः ।।१५।।
यैत्तैलं च्यवते तेभ्यः सुखोष्णं तत् प्रयोजयेत् । ज्ञेयं तद्दीपिकातैलं सद्यो गृह्णाति वेदनाम् ।।१६।।
एवं कुर्याद् भद्रकाष्ठेकुष्ठे काष्ठे च सारले । मतिमान् दीपिकातैलं कर्णशूलनिवारणम् ।।१७।।

15-17.Dīpikā Tailam:

Ingredients: Long branch of any of the *bṛihat pañcamūla* tree and a piece of *kṣauma* (strips of linen treated with *mūrcchita* sesame oil).

Process of Drug-Making: Get one feet long branch of any of the *bṛihat pañcamūla* tree. Wrap it with a piece of *kṣauma* (strips of linen treated with *mūrcchita* sesame oil). Burn the piece from the below and obtain the oil coming out of it. One can use this measure using the branches of *devadāru*, *kuṣṭha* and *sarala*.

Note: According to Śivaadās one should treat with oil only a portion of the above *kṣauma* strips, the physician should hold the rest. Some similar physicians suggested using larger *kṣauma* strips as well.

Method of use/Administration: These oils should be used as eardrops.

Therapeutic benefits: It immediately checks the earache.

(Cakradatt)

क्षारतैलम् (च. द.)–

बालमूलकशुण्ठीनां क्षारो हिङ्गु सनागरम् । शतपुष्पा वचा कुष्ठं दारुशिग्रुरसाञ्जनम् ।।१८।।
सौवर्चलयवक्षारस्वर्जिकोद्भिदसैन्धवम् । भूर्जग्रन्थिं विडं मुस्तं मधुशुक्तं चतुर्गुणम् ।।१९।।
मातुलुङ्गरसश्चैव कदल्या रस एव च । तैलमेभिर्विपक्तव्यं कर्णशूलहरं परम् ।।२०।।
बाधिर्यं कर्णनादश्च पूयास्रावश्च दारुणः । पूरणादस्य तैलस्य कृमयः कर्णसंश्रिताः ।।२१।।
क्षिप्रं विनाशं गच्छन्ति कृष्णात्रेयस्य शासनात् । क्षारतैलमिदं श्रेष्ठं मुखदन्तामयापहम् ।।२२।।

18-22. Kṣāra Tailam:

Ingredients: *Kṣāras* of *netrabālā*, radish and dried ginger, *hingu*, dried ginger, aniseeds, *vacā*, *kuṣṭha*, *devadāru*, bark of *śigru*, *rasāñjana*, *suvarcala* salt, *yavakṣāra*, *svarjikṣāra*, common salt, rock salt, knots of *bhūrja* tree, *viḍa* salt, *mustā*, *mūrcchita* sesame oil, *madhuśuktā* syrup (defined below), juice of *mātulunga* lemon and juice of banana trunk.

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Process of Drug-Making: Prepare a *kalka* out of the following herbs taken in equal parts (i.e. 15 gm. each): *kṣāras* of *netrabālā*, radish and dried ginger, *hingu*, dried ginger, aniseeds, *vacā*, *kuṣṭha*, *devadāru*, bark of *śigru*, *rasāñjana*, *suvarcala* salt, *yavakṣāra*, *svarjikṣāra*, common salt, rock salt, knots of *bhūrja* tree, *viḍa* salt and *mustā*. Obtain *mūrcchita* sesame oil measuring 1 litre and *madhuśuktā* syrup (defined below), juice of *mātulunga* lemon and juice of banana trunk each measuring 4 litre. Taking all the ingredients together, cook them thoroughly and thus obtain the medicinal oil.

Method of use/Administration: This oil should be used as ear drop.

Therapeutic benefits: It checks earache, deafness, *karṇanāda*, *karṇapūya* (pus contaminated ear sores), *karṇakṛimi* (infestation of worms) and diseases of mouth as well as teeth.

(Cakradatt)

मधुशुक्तनिर्माणविधिः–

मधुप्रधानं शुक्तन्तु मधुशुक्तं तथा परम । जम्बीरस्य फलरसं पिप्पलीग्रन्थिसंयुतम् ।।२३।।
मधुमाण्डे विनिक्षिप्य धान्यराशौ निधापयेत् । मासेन तज्जातरसं मधुशुक्तमुदाहृतम् ।।२४।।

23-24. Method of preparing Madhuśukta:

The syrup based on *madhu* i.e. honey is called *Madhuśukta*. Take 1500 ml. measure of *mātulunga* lemon (its juice), 187 gm. of *pippalīmūla* powder and 375 gm. of honey. Put them together in an earthen pitcher and place the pitcher inside a heap of paddy for one month. After that strain the liquid. This liquid is known as *Madhuśukta*.

कर्णनादकर्णक्ष्वेडयोश्चिकित्सा–

कर्णनादे कर्णक्ष्वेडे कटुतैलेन पूरणम् । नादबाधिर्ययोः कुर्याद् वातशूलोक्तमौषधम् ।।२५।।

25. Treatment of Karṇa Nāda (noise inside the ear) and Karṇa Kṣveda:

In *karṇa nāda* (noise in the ear) and *karṇa kṣveda* mustard oil should be dropped into the ear. In *karṇa nāda* (noise in the ear) and *bādhirya* (deafness), treatment should be done on the line suggested for *śūla* (colic pain) caused by the aggravation of *vāta*.

अपामार्गक्षारतैलम् (च. द.)–

मार्गक्षारजलेनचतत्कृतकल्केनसाधितंतिलजम् । अपहरतिकर्णनादं बाधिर्यञ्चापि पूरणतः ।।२६।।

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26. Apamārgakṣāra Tailam:

Ingredients: *Mūrcchita* sesame oil, water, *apāmārga kṣāra* and *apāmārga*.

Process of Drug-Making: Obtain *mūrcchita* sesame oil measuring 1litre, water treated with *apāmārga kṣāra* measuring 4 litre and *kalka* of *apāmārga* measuring 250 gm. Take all these ingredients and properly prepare medicated oil.

Therapeutic benefits: This oil is used in treating *karṇanāda* (noise inside the ear) and deafness.

(Cakradatt)

स्वर्जिकाक्षारतैलम् (च. द.)–

स्वार्जिका मूलकं शुष्कं हिङ्गु कृष्णा महौषधम् । शतपुष्पा च तैस्तैलं पक्वं शुक्तचतुर्गुणम् ।।
प्रणादशूलबाधिर्यं स्त्रावञ्चाशु व्यपोहति ।।२७।।

27. Svarjikākṣāra Tailam:

Ingredients: *Mūrcchita* sesame oil, *śukta*, *svarjikākṣāra*, dried radish, asafoetida, pepper, dried ginger and aniseeds.

Process of Drug-Making: Take *mūrcchita* sesame oil measuring 1 litre, *śukta* measuring 4 litre and *kalka* prepared out of *svarjikṣāra*, dried radish, asafoetida, pepper, dried ginger and aniseeds (40 gm. each). Combine all the ingredients together and cook the medicinal oil.

Method of use/Administration: Use as eardrop.

Therapeutic benefits: It checks *karṇanāda*, *karṇaśūla*, deafness and *karṇasrāva* (otorrhoea).

(Cakradatt)

दशमूलीतैलम् (च. द.)–

दशमूलीकषायेण तैलप्रस्थं विपाचयेत् । एतत्कल्कं प्रदायैव बाधिर्ये परमौषधम् ।।२८।।

28. Daśamūlī Tailam:

Ingredients: *Mūrcchita* sesame oil, decoction of *daśamūla* herbs and *kalka* of *daśamūla* herbs.

Process of Drug-Making: Obtain *mūrcchita* sesame oil measuring 1 litre, decoction of *daśamūla* herbs measuring 4 litre and *kalka* of *daśamūla* herbs measuring 250 gm. Cook all these ingredients together and properly prepare medicated oil.

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Therapeutic benefits: This oil is used in treating *karṇabādhirya* (deafness).

(Cakradatt)

बिल्वतैलम् (च. द.)–

फलं बिल्वस्य मूत्रेण पिष्ट्वा तैलं विपाचयेत् । आजक्षीरं तद्वितरेद् बाधिर्ये कर्णपूरणे ।।२९।।

29. Bilva Tailam:

Ingredients: *Mūrcchita* sesame oil, goat's milk, water, cow urine and *bilva* fruit (its seed pulp).

Process of Drug-Making: Obtain *mūrcchita* sesame oil measuring 1 litre, goat's milk measuring 4 litre and cow urine (250 ml.) based *kalka* of *bilva* fruit (its seed pulp) measuring 250 gm. Cook all these ingredients together and properly prepare medicated oil.

Therapeutic benefits: This oil is used in treating *karṇabādhirya* (deafness).

(Cakradatt)

बिल्वतैलं द्वितीयम्–

बिल्वगर्भं पचेत्तैलं गोमूत्राजपयाऽन्वितम् । बाधिर्ये पूरयेत्तेन कर्णौ तत् कफवातजित् ।।३०।।

30. Bilva Tailam (Second Recipe):

Ingredients: *Mūrcchita* sesame oil, cow urine, goat's milk and *bilva* fruit (its seed pulp).

Process of Drug-Making: Obtain *mūrcchita* sesame oil measuring 1 litre, cow urine measuring 250 ml., goat's milk measuring 4 litre and *kalka* of *bilva* fruit (its seed pulp) measuring 250 gm. Take all these ingredients and properly prepare medicated oil.

Therapeutic benefits: This oil is used in treating *karṇabādhirya* (deafness) caused due to *vāta* and *kapha doṣas*.

कर्णनादचिकित्सा–

एष एव विधिः कार्यः प्रणादे नस्यपूर्वकः । गुडनागरतोयेन नस्यं स्यादुभयोरपि ।।३१।।

31. In *karṇa nāda* (noise inside the ear), the above mentioned treatment should be followed. Prior to this, *nasya* (inhalation) therapy should be given. Jaggery and ginger juice should be triturated by adding water to it and used for inhalation therapy. It cures both, *praṇāda* (noise inside the ear) and *bādhirya* (deafness), *karṇa srāva*, as well as exudation from the ear.

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लशुनाद्यं तैलम्–

लशुनामलकं तालं पिष्ट्वा तैले चतुर्गुणे । तैलाच्चतुर्गुणं क्षीरं पाच्यं तैलावशेषकम् ।
तत्तैलं पूरयेत्कर्णे बाधिर्यं परिनाशयेत् ।।३२।।

32. Lasunādya Tailam:

Ingredients: Garlic pearls, *āmalakī*, *haritāla*, *mūrcchita* sesame oil, milk and water.

Process of Drug-Making: Prepare a *kalka* taking 24 gm. each of garlic pearls, *āmalakī* and *haritāla*. Take this *kalka*, *mūrcchita* sesame oil measuring 288 gm., milk measuring 1152 ml. and water measuring four times of the oil and cook them together.

Therapeutic benefits: This medicinal oil checks deafness.

वातोक्तं माषतैलादि बाधिर्यादौ तु योजयेत् । वर्जयेन्मैथुनं क्रोधं रूक्षं बाधिर्यपीडितः ।।३३।।

33. The patient suffering through deafness should use *Māṣatạila* suggested in chapter related to *vāta* diseases (Chapter 26) as eardrops. He should avoid getting angry, taking non-unctuous meals and indulging in sexual intercourse.

कर्णस्रावचिकित्सा–

चूर्णं पञ्चकषायाणां कपित्थरससंयुतम् । कर्णस्रावे प्रशंसन्ति पूरणं मधुना सह ।।३४।।

34. The powder of the *panca kāṣāya* (barks of *nyagrodha*, *udumbara*, *aśvattha*, *paṛisa* and *plākṣa*) should be mixed with the juice of *kapittha* and honey. Using this recipe as eardrop cures *karṇa śrāva* (exudation from the ear).

मालातिदलरसमधुना पूरितमथवा गवां मूत्रैः । दूरेण विभज्यते वै श्रवणयुगं पूतिरोगेण ।।३५।।

35. The disease *pūtikarṇa* (sepsis in the ear) is checked by dropping daily juice of jasmine leaves along with honey. One could also use urine of cow as ear drops for this purpose.

हरितालं सगोमूत्रं पूरणं पूतिकर्णजित् ।।३६।।

36. Mix 250 mg. measure powder of *haritāla* into 12 gm. of cow urine. External application of this preparation checks the disease *pūtikarṇa*.

सर्जत्वक्चूर्णसंयुक्तः कार्पासीफलजो रसः । मधुना संयुतः साधु कर्णस्रावे प्रशस्यते ।।३७।।

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37. The disease *karṇasrāva* is checked by dropping juice of cotton fruits treated with powder of *sarja* trees along with honey.

जम्ब्वाद्यं स्वरसपूरणं तैलं च–

जम्ब्वाम्रपत्रंतरुणं समांशकपित्थकार्पासफलञ्च सार्द्रम् ।
कृत्वारसं तं मधुना विमिश्रं स्रावापहं तं प्रवदन्ति तज्ज्ञाः ।।
एतैः शृतं निम्बकरञ्जतैलं ससार्षपं स्रावहरं प्रदिष्टम् ।।३८।।

38. Take juices of soft leaves of *jambū* and mango trees along with fresh fruits of *kapittha* and cotton trees. Also take honey measuring one fourth of the above ingredients combined. These should be mixed together. Dropping this medicinal liquid twice or four times everyday controls the *karṇasrāva*. It is better if the preparation is made daily afresh. Similarly, one could take a *kalka* of all of the above ingredients (excluding honey) measuring 60 gm., 240 ml. of oils of *nimba* seeds, *karañja* seeds and mustard seeds taken together along with water measuring 960 ml. These ingredients should be cooked together and used as eardrops.

पुटपाकविधिस्विन्नहस्तिविड्जातगोण्डकः । रसः सतैलसिन्धूत्थः कर्णस्रावहरः परः ।।३९।।

39. Obtain mushrooms generated on the heap of elephant dung and boil them through *puṭapāka* method. Collect juices (1 litre.) of the mushrooms thus processed. Add to it, mustard oil (250 ml.) and rock salt powder (80 gm.) and use this preparation as eardrops. It checks *karnasrāva* effectively.

शम्बूकाद्यं तैलम्–

शम्बूकस्य च मांसेन कटुतैलं विपाचितम् । तस्य पूरणमात्रेण कर्णनाडी प्रशाम्यति ।।४०।।

40. Śambūkādya Taila:

Mūrcchita mustard oil should be cooked along with the flesh of *śambūka*. Application of this oil as eardrop cures the sinus of the ear.

निशातैलम्–

निशागन्धपले पक्वं कटुतैलं पलष्टिकम् । धूस्तूरपत्रजरसे कर्णनाडीजिदुत्तमम् ।।४१।।

41. Get mustard *mūrcchita* oil measuring 375 ml., *kalka* of *haridrā* and *gandhaka* measuring 46 gm. each and juice of *dhustūra* leaves measuring 1500 ml. Cook the above ingredients together and thus obtain the medicated oil. Use of this medicinal oil checks the disease called *Karṇanādi*.

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कुष्ठाद्यं तैलम्–

कुष्ठहिङ्गुवचादारुशताह्वाविश्वसैन्धवैः । पूतिकर्णापहं तैलं बस्तमूत्रेण साधितम् ।।४२।।

42. Kuṣṭhādya Tailam:

Ingredients: *Mūrcchita* sesame oil, urine of goat, *kuṣṭha*, *hingu*, *vacā*, *devadāru*, *śatāhvā*, *śunṭhī* and rock-salt.

Process of Drug-Making: Take *mūrcchita* sesame oil (1 litre) and urine of goat measuring 1 litre. Also take 250 ml. measure *kalka* of *kuṣṭha*, *hingu*, *vacā*, *devadāru*, *śatāhvā*, *śunṭhī*, rock-salt (taken in equal parts) and cook all these ingredients together.

Therapeutic benefits: The application of this medicine cures *pūti karṇa* (exudation of pus with putrid smell from ear).

कर्णप्रतीनाहादिचिकित्सा–

अथ कर्णप्रतीनाहे स्नेहस्वेदौ समाचरेत् । ततो विरिक्तशिरसः क्रियां प्राप्तां समाचरेत् ।।४३।।

43. To check the disease *karṇapratīnāha* one should use *snehan* therapy, *svedana* therapy and nasal therapy first. After that, the disease should be treated as per the vitiated *doṣa* in question.

कर्णपाकस्य भैषज्यं कुर्यात् क्षतविसर्पवत् । विधिश्च कफहा सर्वः कर्णकण्डुं व्यपोहति ।।४४।।

44. The treatment of *karṇapāka* is followed similar to the treatments of *visarpa* caused by injury. Likewise, all the anti-*kapha* prescriptions are also useful to check *karṇakanḍu* disease.

क्लेदयित्वा तु तैलेन स्वेदेनप्रविलाप्य च । शोधयेत्कर्णगूथन्तु भिषक् शम्यक् शलाकय ।।४५।।

45. In the indisposition called *Karṇagūtha*, first, oil should be put there in side the ears. It would loosen the dirt deposited inside. Next day using ear picks one should remove the dirt slowly.

निर्गुण्डीस्वरसस्तैलं सिन्धुधूमरजो गुडः । पूरणात् पूतिकर्णस्य शमनो मधुसंयुतः ।।४६।।

46. The disease *pūtikarṇa* is treated by administering the following preparations to the ailing ear. Taking juice of *nirgunḍī* (200 ml.) and sesame oil (50 ml.), rock salt., smoke ash of kitchen, jaggery and honey (each measuring 4 gm.), mix them together. Boil the preparation a little.

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जातीपत्ररसे तैलं विपक्वं पूतिकर्णजित् ।।४७।।

47. Take 250 ml. of sesame oil and 1 kg. of jasmine leaves. Prepare a *kalka* out of jasmine leaves (250 gm.). Decoct them together till the original amount is reduced to one fourth. Use this medicinal oil as eardrop to check the disease *pūtikarṇa*.

वरुणार्ककपित्थाम्रजम्बूपल्लवसाधितम् । पूतिकर्णापहं तैलं जातीपत्ररसोऽथवा ।।४८।।

48. Take 250 ml. of sesame oil and a *kalka* out of equal parts (i.e. 12 gm. each) of the leaves of plant *varuṇa*, *arka*, *kapittha*, *āmra* and *jambū* and decoct them together. The medicinal oil thus obtained is to be used as eardrop to check the disease *pūtikarṇa*.

सूर्यावर्त्तकस्वरसं सिन्धुवाररसं तथा । लाङ्गलीमूलजरसं त्र्यूषणेनावचूर्णितम् ।।
पूरयेत्कृमिकर्णन्तु जन्तूनां नाशनं परम् ।।४९।।

49. The disease *kṛimikarṇa* is cured by the ear drops raised through juices of plant *sūryāvarta*, *sindhuvara*, *lāngalī* (roots) treated with powders of dried ginger, *marica* and pepper.

क्रिमिकर्णविनाशाय कृमिघ्नं योजयेद्विधिम् । वार्त्ताकुधूमश्च हितः सर्षपस्नेह एव च ।।५०।।

50. For the cure of *kṛimi karṇa* (parasitic infestation of the ear), measures prescribed for the treatment of *kṛimi* (parasitic infestation) in general should be employed. In this ailment fumigation (*dhūma*) therapy with aubergine, and dropping of mustard oil is also useful.

हलिसूर्यावर्त्तव्योषस्वरसेनातिपूरिते । कर्णे पतन्ति सहसा सर्वास्तु कृमिजातयः ।।५१।।

51. The disease *kṛimikarṇa* is cured by the ear drops raised through juices of plant *suryāvarta*, *lāngalī* (roots) treated with powders of dried ginger, *marica* and pepper.

राजवृक्षादितोयेन सुरसादिजलेन वा । कर्णप्रक्षालनं कुर्याच्चूर्ण रेतैः प्रपूरणम् ।।५२।।

52. In cases of the *karṇa daurgandhya* (putrid smell coming from the ear) the ear should be washed either with the decoction of drugs belonging to *Āragvadhādi* group or *Surasādi* group, and the powder of these drugs should be dusted into the ear.

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घृष्टं रसाञ्जनं नार्य्याः क्षीरेण क्षौद्रसंयुतम् । प्रशस्यते चिरोत्थेऽपि सास्रावे पूतिकर्णके ।।५३।।

53. *Rasāñjana* rubbed in woman's breast-milk and mixed with honey should be dropped into the ear. It cures even chronic type of *pūti karṇaka* (putrid smell coming from the ear) and *karṇa srāva* (exudation of pus from the ear).

विद्रधौ चापि कुर्वीत विद्रध्युक्तं हि भेषजम् ।।५४।।

54. The treatment of *karṇa vidradhi* should be followed as is done in cases of general *vidradhi*.

शतावरीवाजिगन्धापयस्यैरण्डबीजकैः । तैलं विपक्वं सक्षीरं पालीनां पुष्टिकृत्परम् ।।५५।।

55. Cook sesame oil (250 ml.) along with milk (1 litre) and separate *kalka*s of 15 gm. measure each of *śatāvarī*, *aśvagandhā*, *pāyasa* and seeds of *eraṇḍa*. Massage with this medicated oil promotes the plumpness of the earlobes.

गुञ्जाचूर्णयुते जाते माहिषे क्षीर उद्गतम् । नवनीतं तदभ्यङ्गात् कर्णपालिविवर्द्धनम् ।।५६।।

56. Take milk of buffalo and mix into it powder of *guñjā* (in one eighth part) and boil them together. Prepare yogurt out of it. Obtain the butter from the preparation. Massaging the ailing ear with this butter cures *karṇapāli*.

विषगर्भं तिक्ततुम्बीतैलमष्टगुणे खरात् । मूत्रे पक्वं तदभ्यङ्गात् कर्णपालीविवर्द्धनम् ।।५७।।

57. Oil (250 ml.) extracted from the bitter variety of *tumbī* should be cooked by adding to it the *viṣa* (60 gm.) and 1 litre of the urine of ass. By the massage of this medicated oil, ear-lobes become large in size.

जीवनीयाद्यं तैलम् (च. द.)–

कल्केन जीवनीयेन तैलं पयसि साधितम् । आनूपमांसक्वाथेन पालीपोषणवर्द्धनम् ।।५८।।

58.Jīvanīyādya Tailam:

Ingredients: *Mūrcchita* oil, drugs belonging to *jīvanīya* group, cow's milk and meat of animals inhabiting marshy land.

Process of Drug-Making: *Mūrcchita* oil (500 ml.) should be cooked along with the *kalka* (125 gm.) of drugs belonging to *jīvanīya* group, cow's milk (2 litres) and the decoction of the meat of animals inhabiting marshy land.

Method of use/Administration: Use this oil for massage.

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Therapeutic benefits: Massage with this medicated oil promotes the plumpness and size of the ear-lobes.

(Cakradatt)

माहिषनवनीतयुक्तंसप्ताहंधान्यराशिपरिवासितम्।वनमूषलिकन्दचूर्णंवृद्धिकरंकर्णपालीनाम् ।।५९।।

59. Obtain powder of fresh *muṣalī kanda* measuring 50 gm. and 50 gm. measure of butter obtained from buffalo's milk. Churn them together and keep the mix in an earthenware. Tightly close its mouth and place it inside a heap of paddy for one week. After that use this preparation in ointmenting the ears. It checks *karṇapālī*.

कर्णस्य दुर्व्यधे भूते संरम्भो वेदना भवेत् । तत्र दुर्व्यधरोहार्थं लेपो मध्वाज्यसंयुतः ।।
मधुकयवमञ्जिष्ठारूवुमूलैः समन्ततः ।।६०।।

60. Injury inside the ears may cause edema and pains. To treat them and to heal the sores one should use an ointment raised through powders of *madhuka*, barley, *manjiṣṭhā* and *eraṇḍa* (roots) along with honey and *ghṛitam*.

अनेकधातुच्छिन्नस्यसन्धिःकर्णस्यवैभिषक् । यथोयथाविनिविष्टः स्यात्तं तथाविनियोजयेत् ।।६१।।
घान्याम्लोष्णोदकाभ्यान्तु सेकोवातेन दूषिते । रक्तपित्तेन पयसा श्लेष्मणा तूष्णवारिणा ।।६२।।
ततःसीव्यस्थिरंकुर्यात्सन्धिंबन्धेनवा पुनः । मध्वाज्येन ततोऽभ्यज्य पिचुना सन्धिवेष्टकम् ।।६३।।
कपालचूर्णेन ततश्चूर्णयेत्पथ्ययाऽथवा ।।६४।।

61-64. If the eardrum is broken due to different reasons it should be joined. If the situation has arisen due to vitiated *vāta*, one should take *kānji* and hot water and foment the ailing ear. If the eardrum has been effected by vitiated blood and vitiated *pitta* it should be washed with milk. If the situation has arisen due to vitiated *kapha*, the ailing ear should be washed with warm water. One could even stitch the cutting through silk threads. Following that, honey and *ghṛitam* should be mixed and placed all around the stitch. One could also sprinkle the powder of *mṛitika kapāla* or *harītakī* over the ailing ear.

मधुकादितैलम्–

मधुकं दशमूलं च तथा दारुनिशोत्तमा । त्रिभिरेभिः कषायैस्तु रम्भायाः स्वरसेन च ।।६५।।
शतपुष्पावचाकुष्ठशोभाञ्जनरसाञ्जनैः । सुरदारुविडस्वजियावशूकैः ससैन्धवैः ।।६६।।
कल्कै रैतैः प्रस्थमितं तिलतैलं विपाचितम् । मधुकाद्यमिदं तैलं सदा कर्णे प्रपूरितम् ।।६७।।
कर्णस्त्रावं कर्णकण्डूं कर्णक्ष्वेडं भयङ्करम् । पूतिकर्णं कर्णपाकं कृमिकर्णमशेषतः ।।६८।।

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कर्णशूलं कर्णनादं श्वयथुं कर्णसंभवम् । प्रतीनाहं च बाधीर्य हन्ति निःसंशयं नृणाम् ।।६९।।

65-69. Madhukādi Tailam:

Ingredients: *Mūrcchita* sesame oil, *madhuyaṣṭī*, *daśamūla* herbs, *dāru haridrā*, water, juice of banana trunks, aniseeds, *vacā*, *kuṣṭha*, *śigru* (seeds or bark), *rasāñjana*, *devadāru*, *viḍa lavaṇa*, *svarjikṣāra* and rock salt.

Process of Drug-Making: Obtain *mūrcchita* sesame oil measuring 750 ml. Also take decoctions of *madhuyaṣṭī*, *daśamūla* herbs and *dāru haridrā* (3 litre each). Also obtain juice of banana trunks measuring 3 litre. Prepare a *kalka* taking 19 gm. each of the following; aniseeds, *vacā*, *kuṣṭha*, *śigru* (seeds or bark), *raṣāñjana*, *devadāru*, *viḍa lavaṇa*, *svarjikṣāra* and rock salt. Combine this *kalka* along with the above decoctions and oil. Cook the preparation methodologically and thus obtain medicated oil.

Therapeutic benefits: This medicinal oil is used in treatment of *karṇasrāva* (otorrhoea), *karṇapaka* (sepsis in the ear), *karṇaśūla* (ear ache), *karṇanāda*, *karṇakṣveda* (tinnitus), *kṛimikarṇa* (worm infected ear), *karṇakaṇḍu* (itching of the ear), *karṇaśotha* (edema of ear), *karṇapratināha* and deafness.

भैरवो रसः–

सूतं गन्धं विषं चैव टङ्गणं सकपर्दकम् । मरिचेनं समायुक्तमार्द्रतोयेन भावितम् ।।७०।।
वह्निमान्द्यञ्चामरोगं श्लेषमाणं ग्रहणीगदम् । सन्निपातं तथा शोथं हन्ति श्रोत्रोद्भवं गदम् ।।७१।।

70-71. Bhairava Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, purified *vatsanābha*, purified *tañkaṇa*, *kapardika bhasma*, powder of black pepper and juice of ginger.

Process of Drug-Making: Take 50 gm. each of purified *pārada*, purified *gandhaka*, purified *vatsanābha*, purified *tañkaṇa*, *kapardika bhasma* and powder of black pepper. Decoct them properly along with the juice of ginger and make pills measuring 250 mg. each.

Therapeutic benefits: Taking this preparation checks diminished appetite, problems related to digestion, vitiated *kapha*, *grahaṇī*, *sannipāta*, *śotha* as well as all types of ear troubles.

सारिवादिवटी–

सारिवां मधुकं कुष्ठं चातुर्जातं प्रियङ्गुकम् । नीलोत्पलं गुडूचीञ्च देवपुष्पं फलत्रिकम् ।।७२।।
अभ्रं सर्वसमञ्चाभ्रसमं लौहं विभावयेत् । केशराजाम्बुना पार्थक्वाथेन यवजाम्भसा ।।७३।।
काकमाचीरसेनापि गुञ्जामूलद्रवेण च । षड्गुञ्जाप्रमिताःपश्चाद्विदध्याद् वटिका भिषक् ।।७४।।

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धारोष्णेनापि पयसा शतमूलीरसेन वा । एकैकां योजयेत् प्रातः श्रीखण्डसलिलेन वा ।।७५।।
निखिलान् कर्णजान् रोगान् प्रमेहानपि विंशतिम्।रक्तपित्तंक्षयंश्वासंक्लैब्यंजीर्णज्वरं तथा ।।७६।।
अपस्मारमदार्शांसि हृद्रोगञ्च मदात्ययम् । सारिवादिवटी हन्यात् स्त्रीगदानखिलानपि ।।७७।।

72-77. Sārivādi Vaṭī:

Ingredients: *Śārivā* (*anantamūla*), *madhuka*, *kuṣṭha*, cinnamon bark, smaller cardamom, cassia leaves, *nāgakeśara*, *priyangu*, *nīlakamal*, *guḍūcī*, cloves, each of the *triphalā* herbs, *abhraka bhasma*, *lauha bhasma*, juice of *keśarāj*, decoction of *arjuna* (barks), juice of *kākamācī* and decoction of *guñjā* (roots).

Process of Drug-Making: Take 10 gm. measure powder each of the following herbs: *śārivā* (*anantamūla*), *madhuka*, *kuṣṭha*, cinnamon bark, smaller cardamom, cassia leaves, *nāgakeśara*, *priyangu*, *nīlakamal*, *guḍūcī*, cloves, each of the *triphalā* herbs along with 140 gm. measure each of *abhraka bhasma* and *lauha bhasma*. Churn the ingredients together and triturate them along with juice of *keśarāj*, decoction of *arjuna* (barks), juice of *kākamācī* and decoction of *guñjā* (roots) (separately). Finally, triturate the preparation and make pills measuring 750 mg. each.

Method of use/Administration: One should take one pill along with cow milk or juice of *śatāvarī* or water treated with *kalka* of white sandalwood.

Therapeutic benefits: This medicine checks all types of ear diseases, 20 types of *prameha*, *rakta pitta*, consumption, breathing problems, impotency, chronic fever, epilepsy, insanity, piles, heart problems, problems related to excessive intake of liquor and the like. It also checks all types of diseases of women.

इन्दुवटी–

शिलाजत्वभ्रलोहानि समानि हेम पादिकम् । काकमाचीवरीधात्रीपद्मानामम्भसा पृथक् ।।७८।।
भावयित्वा वटीः कुर्याद् द्विगुञ्जाफलमानतः । धात्रीतोयेन सम्मर्द्य प्रातः प्रातः प्रयोजयेत् ।।७९।।
कर्णनादादयः सर्वे गदा वातोद्भवाश्च ये । प्रमेहा विशतिश्चापि नश्यन्त्येतन्निषेवणात् ।।८०।।
सुधाविस्त्राणनादिन्दुर्जगतां तापहृद्यथा । तथैवेन्दुवटी नाम रोगतापनिषूदनी ।।८१।।

78-81. Indu Vaṭī:

Ingredients: Purified *śilājatu*, *abhraka bhasma*, *lauha bhasma*, *svarṇa bhasma*, decoction of *kākamācī*, *śatāvarī*, *āmalakī* and *padmanābha*.

Process of Drug-Making: Take 40 gm. each of purified *śilājatu*, *abhraka bhasma* and *lauha bhasma* along with 10 gm. of *svarṇa bhasma*. Churn them

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together with decoction of *kākamācī*, *śatāvarī*, *āmalakī* and *padmanābha* separately. Triturate the compound and make pills measuring 250 mg. each out of the preparation.

Method of use/Administration: One of these pills should be dissolved into juice of *āmalakī* measuring 12 gm. and taken in the morning.

Therapeutic benefits: This medicine checks *karṇanāda* and other 20 diseases related to the ears. As the moon comforts the world with its pleasant rays this medicine called *Indu Vaṭī* provides soothing effects.

कर्णरोगे पथ्यापथ्यानि–

स्वेदोविरेकोवमनं नस्यं धूमः शिराव्यधः । गोधूमाः शालयो मुद्गा यवाश्च प्रतनं हविः ।।८२।।
लावो मयूरो हरिणस्तित्तिरो वनकुक्कुटः । पटोलंशिग्रु वार्ताकुं सुनिषण्णं कठिल्लकम् ।।८३।।
रसायनानि सर्वाणि ब्रह्मचर्यमभाषणम् । उपयुक्तं यथादोषमिदं कर्णामये हितम् ।।८४।।

82-84. *Svedana*, *virecana* (purgation), *vamana* therapy, nasal therapy, smoking therapy and blood letting are helpful measures in cases of ear diseases. Similarly, maintaining celibacy and speaking less are also useful. The patient should take wheat, *śāli* rice, *mudga* pulse, barley, old *ghṛitam*, meat of peacock, deer, partridge, *lava* birds, wild hen, *paṭola*, drumsticks, aubergine, *śuniṣṇṇa* and *kaṭhilaka*. He should also take all kinds of *rasāyaṇa*.

विरुद्धान्यन्नपानानि वेगरोधं प्रजल्पनम् । दन्तकाष्ठं शिरःस्नानं व्यायामं श्लेष्मलं गुरु ।
कण्डूयनं तुषारञ्च कर्णरोगी परित्यजेत् ।।८५।।

85. Incompatible drinks and meals should be avoided by the patient. He should not hold the calls of nature, he should not speak a lot, he should wash his teeth and head frequently and he should not indulge in exercises. He should not use ear picks and ice cubes to treat the ailing ear. He should avoid the meals that promote *kapha doṣa* and the foods that are heavy to digest.

इतिभैषज्यरत्नावल्यां कर्णरोगचिकित्साप्रकरणम् ।।६२।।
इति भैषज्यरत्नावल्यां 'विद्योतिनी' नमिकायं भाषाटीकायां कर्णरोगचिकित्साप्रकरणम् ।।६२।।

End of the Chapter 62 of *Bhaiṣajya Ratnāvalī* with Commentary

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अथ नासारोगचिकित्साप्रकरणम् ६३

Chapter 63
Nāsā Roga

सर्वेषु पीनसेष्वादौ निर्वातागारगो भवेत् । स्नेहस्वेदप्रधमनं धूमगण्डूषधारणम् ।।१।।

1. In all types of sinus problems, the concentration of *vāta* and *kapha* is found to be higher. In such cases, the patient should stay in non-airy places and he should also be treated with *snehan*, *svedana*, *pradhamana nasya*, *dhūmrapān* and *gaṇḍūṣa* therapies.

वासो गुरूष्णं शिरसः सुघनं परिवेष्टनम् । लघूष्णं लवणस्निग्धमुष्णं भोजनमद्रवम् ।।२।।

2. Also, in order to alleviate *vāta* and *śleṣma* in sinus cases, one should wear warm and heavy woolen clothes, should wrap one's head with warm, heavy and thick clothes like muffler. In diet, one should take light, warm, salty, oily and liquid-less food products.

पञ्चमूलीशृतं क्षीरं स्याच्चित्रकहरीतकी । सर्पिर्गुडः षडङ्गश्च यूषः पीनसशान्तये ।।३।।

3. Intake of milk cooked methodologically with bigger and lesser varieties of *pañcamūla*, *citraka*, *harītakī* and *śarpiguḍa* and *ṣaḍanga yūṣa* which are mentioned in the chapters of *rajayakṣamā* are all helpful in curing sinus disorders.

व्योषाद्यं चूर्णम् (च. द.)–

व्योषचित्रकतालीशतिन्तिडीकाम्लवेतसम् । सचव्याजाजितुल्यांशमेलात्वकपत्रपादिकम् ।।४।।
व्योषादिकं चूर्णमिदं पुराणगुडसंयुतम् । पीनसश्वासकासघ्नं रुचिस्वरकरं परम् ।।५।।

4-5. Vyoṣādya Cūrṇam:

Ingredients: *Śuṇṭhī*, *pippalī*, *marica*, *citraka*, *tāliśa*, *tintiḍikā*, *āmlavetasa*, *cavya*, *ajājī*, *elā*, *tvak* and *patra*.

Process of Drug-Making: Obtain 12 gm. each of *śuṇṭhī*, *pippalī*, *marica*, *citraka*, *tāliśa*, *tintiḍikā*, *āmlavetasa*, *cavya* and *ajājī* along with 3 gm. each of *elā*, *tvak* and *patra*. This is called *Vyoṣādya Cūrṇa*.

Method of use/ Administration and Therapeutic benefits: If taken along with old jaggery (in equal parts) it cures *pīnasa* (chronic rhinitis), asthma and bronchitis. It is an excellent recipe to promote appetite and voice.

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कलिङ्गाद्यवपीडः (च. द.)–

कलिङ्गहिङ्गुमरिचलाक्षासुरसकट्फलैः । व्योषोमाशिग्रुजन्तुघ्नैरवपीडः प्रशस्यते ।।६।।
तैरेव मूत्रसंयुक्तैः कटुतैलं विपाचयेत् । अपीनसे पूतिनस्ये शमनं परिकीर्त्तितम् ।।७।।

6-7. Get powders of *kalinga*, *hingu*, *marica*, *lākṣā*, *surāsā*, *kaṭphala*, *kuṣṭha*, *ugra* (*vacā*), *śigru* (seeds) and *viḍanga* (15 gm. each) and take them through *nasya* (inhalation) therapy. It cures *pūtinasa* (putrid smell coming out from the nose). Optionally, take 15 gm. measure each of the above herbs, mustard oil (500 ml.) and cook them together along with cow's urine (2 litres). This medicated oil is an excellent cure for *pīnasa* (chronic rhinitis) and *pūtinasa* (putrid odour coming out from the nose).

(Cakradatt)

नासापाकादिचिकित्सा–

नासापाके पित्तहृत्सद् विधानं कार्यं सर्वं बाह्यमाभ्यन्तरञ्च ।
हृत्वा रक्तंक्षीरिवृक्षत्वचश्चयोज्याः सेके सर्पिषश्च प्रदेहाः ।।८।।

8. The cases of *nāsapāka* (swelling in the nose), one should treat the patient through ointment, massaging, washing, drinking of oily substances, *virecana* (purgation) and the like anti-*pitta* measures. After that one should let the blood of patient and wash the indisposed limb with decoction of *vaṭa* and similar trees exudating latex. Moreover one can take a snuff of powder of *pañcavallklādi* group of herbs.

पूयास्त्रे रक्तपित्तघ्नाः कषाया नावनानि च ।।९।।

9. When there is a discharge of pus and blood from nasal passage, one should take decoctions of herbs which are noted for anti-*rakta pitta* properties and should also take different nasal therapies.

क्षवथुनाशनो योगः (च. द.)–

शुण्ठीकुष्ठकणाबिल्वद्राक्षाकल्ककषायवत् । साधितं तैलमाज्यं वा नस्यं क्षवपुटप्रणुत ।।१०।।

10. Obtain decoction out of dried ginger, *kuṣṭha*, *kaṇā*, bark of *bilva* and raisins (335 gm. each). Also prepare *kalka* out of the same ingredients by taking them in measure of 20 gm. each. Take 500 ml. of sesame oil and same quantity of cow *ghṛitam*. Combine all these materials together and cook the preparation. The medicinal oil thus obtained is to be used through *nasya* daily in order to cure *kṣava* and *puṭa* types of sinus problems.

(Cakradatt)

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दीप्तं रोगे पैत्तिके संविधानं कार्यं कुर्यान्मधुरं शीतलञ्च ।
नासादाहेस्नेहपानंप्रधानंस्निग्धाधूमामूर्द्धबस्तिश्चनित्यम् ।।११।।

11. In cases of *pitta* generated sinus, if the patient suffers from burning eyes (*dīptākṣa*), he should be treated with honey and also with external and internal treatments which have cold affect. If the patient is suffering a burning nose he should be treated with therapies like *snehapān*, oil-based *dhūmapān* and *śirobasti*.

प्रतिश्यायचिकित्सा–

वातिके तु प्रतिश्याये पिवेत्सर्पिर्यथाबलम् । पञ्चभिर्लवणैः सिद्धं प्रथमेन गणेन च ।।
नस्यादिषु विधिं कृत्स्नमवेक्षतार्दितेरितम् ।।१२।।

12. In cases of *vātika pratiśyāya* (common cold), one should perform nasal therapy with the *ghṛitam* obtained by cooking *kalka* of *pañcalavaṇa*, *kalka* and decoction of *viḍaryādi* group of herbs. One should also treat the patient with all the methods and treatments mentioned for the cure of *ardita* disorder.

पित्तरक्तोत्थयोः पेयं सर्पिर्मधुरकैः शृतम् । परिषेकान् प्रदेहांश्च कुर्य्यादपि च शीतलान् ।।१३।।

13. In cases of *pitta* and *rakta* generated *pratiśyāya*, one should consume the *ghṛitam* obtained by cooking *kalka* and decoction of anti-*pitta* products of the *kākolyādi* group of herbs. One can also get *pariṣeka* done with decoctions prepared with herbs having cold properties of *nyagrodha* and *utpala* group of herbs. In addition, one can also mix powder of the above mentioned herbs in *ghṛitam* and apply it in cold form externally as an ointment.

कफजे सर्पिषा स्निग्धे तिलमाषविपक्वया । यवाग्वा वामयित्वा वा कफघ्नं कममाचरेत् ।।१४।।

14. In *kapha pratiśyāya*, the patient should be first treated by *sneha* therapy with *ghṛitam* and it should be followed by the *vamana* therapy by mixing powder of *madanaphala* in *yavāgū* obtained by cooking sesame and *urada* pastes.

दार्वीङ्गुदीनिकुम्भैश्च किणिह्या सुरसेन च । वर्त्तयोऽथ कृता योज्या धूमपाने यथाविधि ।।१५।।

15. *Varttīs* (elongated pills) should be prepared with *dāru haridrā*, *iṅgudī*, *nikumbha* (*dantī*), *kinihi* (*apāmārga*) and *surāsā* and used properly for smoke-therapy. It cures *pratiśyāya*.

अथवा सघृताञ् शक्तून् कृत्वा मल्लकसम्पुटे । नवप्रतिश्यायवतां धूमं वैद्यः प्रयोजयेत् ।।१६।।

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16. Mix *ghṛitam* into *saktu* (fine powder of roasted grains) of barley and keep the mix in an earthen pot. Place this pot on heated fire and place a *śarāva* (plate-shaped utensil) with a hole in middle of it. Put a pipe into this hole and take the smoke coming out of the pot through this pipe. It helps one in *pratiśyāya* indisposition.

यःपिबतिशयनकालेशयनारूढःसुशीतलंभूरि । सलिलं पीनसयुक्तो स मुच्यते तेन रोगेण ।।१७।।

17. The patient of *pratiśyāya* should lie on a bed in the evening and drink large quantity of cold water before sleeping. It helps him to overcome the indisposition.

पुटपक्वं जयापत्रं सिन्धुतैलसमायुतम् । प्रतिश्यायेषु सर्वेषु शीलितं परमौषधम ।।१८।।

18. Leaf of *jayā* should be cooked by *puṭa pāka* method and, the juice should be mixed with rock-salt and oil. Regular use of this recipe is excellent for the cure of all types of *pratiśyāya*.

सोषणं गुडसंयुक्तं स्निग्धदध्यम्लभोजनम् । नवप्रतिश्यायहरं विशेषात् कफपाचनम् ।।१९।।

19. Intake of sour and unctuous curd mixed with *marica* and jaggery cures freshly occurred *pratiśyāya*. Particularly, it helps in the controlling the *kapha*.

प्रतिश्याये नवे शस्तो यूषश्चिञ्चाच्छदोद्भवः ।।२०।।

20. In cases of fresh *pratiśyāya* one should take decoction of tamarind leaves. (It is in practice that small amount of purified asafoetida and powder of black pepper is added to this decoction.)

ततः पक्वं कफं ज्ञात्वा हरेच्छीर्षविरेचनैः । शिरसोऽभ्यञ्जनस्वेदनस्यकट्वम्लभोजनैः ।।
वमनैर्घृतपानैश्च तान् यथास्वमुपाचरेत् ।।२१।।

21. If the *kāsa* (coughs) get aggravated by the above methods, one should remove out it through *śirovirecana* involving sharp nasal therapy, massage over head with anti-*kapha* and hot oils, sweating therapy, intake of bitter and sour eatables, vomiting, and drinking *ghṛitam*.

भक्षयेत्तुभुक्तमात्रेसलवणसुस्विन्नमाषमत्युष्णम् । सजयतिसर्वसमुत्थंचिरजातञ्चप्रतिश्यायम् ।।२२।।

22. The cold produced by disordered *doṣas* as well as the chronic cold can be cured by taking hot soup of *urada* pulse treated with salt.

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पिप्पल्यः शिग्रुबीजानि विडङ्गं मरिचानि च । अवपीडः प्रशस्तोऽयं प्रतिश्यायनिवारणः ।।२३।।

23. The indisposition *pratiśyāya* is also cured by taking snuff through powder of *pippalī*, *śigru* seeds, *vāyaviḍanga* and black pepper.

समूत्रपिष्टाश्चोद्दिष्टाः क्रियाः क्रिमिषु योजयेत् । धावनार्थं क्रिमिघ्नानि नेषजानि च बुद्धिमान् ।।
शेषाणान्तु विकाराणां यथास्वं स्याच्चिकित्सितम् ।।२४।।

24. If the nasal passage is infected by worms, one should use snuff of anti-germ herbs along with cow urine. Optionally, one can also wash his nasal passage through decoction of *surāsādi* group of herbs. The wounds around the nasal passage should be cured by the wise physician as per treatment suggested to such wounds (*arbuda* and the like).

चित्रकहरीतकी–

चित्रकस्यामलक्याश्च गुडूच्या दशमूलजम् । शतं शतं रसं दत्त्वा पथ्याचूर्णाढकं गुडात् ।।२५।।
शतं पचेद् घनीभूते पलाद्वादशकं क्षिपेत् । व्योषत्रिजातयोः क्षारात् पलार्द्धमपरेऽहनि ।।२६।।
प्रस्थार्द्धं मधुनो दत्त्वा यथाग्न्यद्यादयन्त्रणः । वृद्धयेऽग्ने क्षयं कासं पीनसं दुस्तरं क्रिमीन् ।।२७।।
गुलमोदावर्त्तदुर्नामश्वासान् हन्ति सुदारुणान् ।।२८।।

25-28. Citraka Harītakī:

Ingredients: *Citraka* bark, water, juice of *āmalakī*, *guḍūcī*, *daśamūla* herbs, *harītakī* powder, jaggery, *tṛikaṭu* herbs, cinnamon barks, smaller cardamom, cassia, *yavakṣāra* and honey.

Process of Drug-Making: Take decoctions of *citraka* bark (5 litres), *āmalakī* (5 litres), *guḍūcī* (5 litres) and *daśamūla* herbs (5 litres). Mix all the decoctions together. Add to it, 3 kg. of *harītakī* powder and jaggery measuring 5 kg. Cook the preparation thoroughly. When it gets consolidated add to the it 187 gm. measure each of the powder of *tṛikaṭu* herbs, cinnamon barks, smaller cardamom and cassia along with *yavakṣāra* measuring 23 gm. Remove the preparation from stove. The next day mix 375 g. measure of honey into the preparation.

Method of use/Administration: Take this recipe in doses of 312 gm. as per condition of the patient. This medicine is called *Citrakaharītakī*.

Therapeutic benefits: It is capable to promote the power of digestion. It also cures serious types of *kṣaya* (consumption), *kāsa* (bronchitis), *pīnasa* (chronic rhinitis), obstinate types of *kṛimi* (parasitic infestation), *gulma* (phantom tumour), *udāvarta* (upward movement of wind in the abdomen), piles as well as *śvāsa* (asthma).

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पाठादितैलम् (पक्वपीनसे)–

पाठाद्विरजनीमूर्वापिप्पलीजातिपल्लवैः । दन्त्या च तैलं संसिद्धं नस्यं सम्पक्वपीनसे ।।२९।।

29. Pāṭhādi Taila:

Ingredients: *Mūrcchita* sesame oil, *pāṭhā*, *haridrā*, *dāru haridrā*, *mūrvā*, *pippalī*, tender leaves of *jātī* and *dantī*.

Process of Drug-Making: Get *mūrcchita* sesame oil (500 ml.) and cook it with the *kalka* of *pāṭhā*, *haridrā*, *dāru haridrā*, *mūrvā*, *pippalī*, tender leaves of *jātī* and *dantī* (18 gm. each).

Method of use/Administration: It could be used for *nasya* (inhalation) therapy in matured type of *pīnasa*.

Therapeutic benefits: It cures *pīnasa*.

व्याघ्रीतैलम् (पूतिनासारोगे)–

व्याघ्रीदन्तीवचाशिग्रुसुरसाव्योषसैन्धवैः । पाचितं नावनं तैलं पूतिनासागदापहम् ।।३०।।

30. Vyāghrī Tailam:

Ingredients: *Mūrcchita* sesame oil, *kañṭakārī* (roots or *pañcānga*), *dantī* (roots), *vacā*, *śigru* (bark), *sinduvāra*, *tṛikaṭu* herbs, rock salt and water.

Process of Drug-Making: Obtain *mūrcchita* sesame oil measuring 500 ml. and *kalka* of the equal parts (i.e. 15 gm. each) of *kañṭakārī* (roots or *pañcānga*), *dantī* (roots), *vacā*, *śigru* (bark), *sinduvāra*, *tṛikaṭu* herbs and rock salt. Combine them together and mix the compound along with water measuring 2 litre. Cook the preparation thoroughly.

Therapeutic benefits: This medicinal oil is very helpful in checking *pūti nāsā* (minor swelling around nasal passage).

त्रिकट्वादितैलम (पूतिनस्ये)–

त्रिकटुविडङ्गसैन्धववृहतीफलशिग्रुसुरसदन्तीभिः । तैलंगोजलसिद्धं नस्यं स्यात्पूतिनस्यस्य ।।३१।।

31. Tṛikaṭavādi Tailam:

Ingredients: *Mūrcchita* sesame oil, *tṛikaṭu* herbs, *vāyaviḍanga*, rock salt, large *kañṭakārī* (fruits), *śigru* (seeds), *tulasī* (seeds), *dantī* and cow urine.

Process of Drug-Making: Take *mūrcchita* sesame oil measuring 500 ml. and *kalka* of the equal parts (i.e. 15 gm. each) of *tṛikaṭu* herbs, *vāyaviḍanga*, rock salt, large *kañṭakārī* (fruits), *śigru* (seeds), *tulasī* (seeds) and *dantī*. Combine them

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together and mix the compound along with cow urine measuring 2 litre and a quarter. Cook the preparation thoroughly.

Therapeutic benefits: This medicinal oil is very helpful in checking *pūti nāsā* (minor swelling around nasal passage).

करवीराद्यं तैलम् (नासार्शसि)–

रक्तकरवीरपुष्पं जात्यशनमल्लिकायाश्च । एतैः समन्तु तैलं नासार्शोनाशनं पक्वम् ।।३२।।

32. Karavīrādya Tailam:

Ingredients: *Mūrcchita* sesame oil, *rakta karavīra*, *jātī*, *pīta śāla*, *mallikā* flowers and water.

Process of Drug-Making: Take *mūrcchita* sesame oil measuring 500 ml. and *kalka* of the equal parts (i.e. 31 gm. each) of *rakta karavīra*, *jātī*, *pīta śāla* and *mallikā* flowers. Combine them together and mix the compound along with water measuring 2 litre. Cook the preparation thoroughly.

Therapeutic benefits: This medicinal oil is very helpful in checking *nāsā arśa* (minor wounds around nasal passage).

शिखरितैलम् (नासार्शसि)–

गृहधूमकणादारूक्षारनक्ताह्वसैन्धवैः । सिद्धं शिखरिबीजैश्च तैलं नासार्शसां हितम् ।।३३।।

33. Śikhari Tailam:

Ingredients: *Mūrcchita* sesame oil, water, smoke deposit of kitchen, *pippalī*, *devadāru*, *yavakṣāra*, *naktāhva*, rock salt and seeds of *śikhari*.

Process of Drug-Making: Get *mūrcchita* sesame oil (500 ml.) and cook it along with water measuring 2 litre and *kalka* prepared out of the equal parts (i.e. 18 gm. each) of the smoke deposit of kitchen, *pippalī*, *devadāru*, *yavakṣāra*, *naktāhva*, rock salt and seeds of *śikhari*.

Method of use/Administration: It should be used for *nasya* (inhalation).

Therapeutic benefits: It is useful for the cure of *nāsā arśas* (polyps in the nose).

चित्रकतैलम् (नासार्शसि)–

चित्रकचविकादीष्यकनिदिग्धिकाकरञ्जलवणाकै । गोमूत्रयुतैःसिद्धंतैलं नासार्शसां शान्त्यै ।।३४।।

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34. Citraka Tailam:

Ingredients: *Mūrcchita* sesame oil, *citraka*, *cavya*, *yavānī*, *kañṭakārī*, *karañja* seeds, rock salt, root of *arka* plant and cow urine.

Process of Drug-Making: Take *mūrcchita* sesame oil measuring 500 ml. and and *kalka* of the equal parts (i.e. 18 gm. each) of *citraka*, *cavya*, *yavānī*, *kañṭakārī*, *karañja* seeds, rock salt and root of *arka* plant. Combine them together and mix the compound along with cow urine measuring 2 litre. Cook the preparation thoroughly.

Therapeutic benefits: This medicinal oil is very helpful in checking *nāsā arśa* (minor wounds around nasal passage).

पञ्चामृतरसः–

शुद्धसूतं समादाय गन्धमागद्वयं ततः । त्रिभागं टङ्गणं चापि विषं भायचतुष्टयम् ।।३५।।
पञ्चभागं तथा देयं मरिचस्य प्रयत्नतः । शृङ्गवेररसैः पिष्ट्वा गुडिका पञ्चरक्तिका ।।३६।।
अनुपानं हितं योज्यं सर्वरोगप्रशान्तये । जलदोषोद्भवे रोगे महत्युग्रे जलोदरे ।।३७।।
संनिपातेषु रोगेषु नासाव्याधौ सपीनसे । व्रणशोथे व्रणे चैव उपदंशे भगन्दरे ।।३८।।
नाडीव्रणे ज्वरे चैव नखदन्तविषातुरे । पञ्चामृतरसो योज्यः सर्वरोगप्रशान्तये ।।३९।।

35-39. Pañcāmṛita Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, purified *tañkaṇa*, purified *viṣa*, *marica* and juice of ginger.

Process of Drug-Making: Obtain purified *pārada* (1 part), purified *gandhaka* (2 parts), purified *tañkaṇa* (3 parts), purified *viṣa* (4 parts) and *marica* (5 parts). First prepare *kajjalī* out of *pārada* and *gandhaka* and mix rest of the materials into it. Compound the mix along with juice of ginger and prepare pills measuring 500 mg. each.

Method of use/Administration: Take these pills along with proper *anupānas*.

Therapeutic benefits: The use of this medicine is very helpful in such indispositions like *jalodara*, *sannipāta*, diseases of nose like sinus, edema due to wounds, *upadamśa*, wounds, *bhagandara*, *nāḍivraṇa*, fever, poisoning due to injury of nails and teeth and the like.

नासारोगे पथ्यापथ्यम्–

स्थितिनिर्वातनिलये प्रगाढोष्णीषधारणम् । गण्डूषो लङ्घनं नस्यं धूमछर्दिः शिराव्यधः ।।४०।।
कटुचूर्णनासारन्ध्रेनिक्षिप्यान्तःप्रवेशितम् । स्वेदःस्नेहः शिरोऽभ्यङ्गः पुराणा यवशालयः ।।४१।।
कुलित्थमुद्गयोर्यूषः ग्राम्या जाङ्गलजा रसाः । वार्ताकुं कुलकं शिग्रु कर्कोटं बालमूलकम् ।।४२।।

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लशुनं दधि तप्ताम्बु वारुणी च कटुत्रयम् । कट्वम्ललवणं स्निग्धमुष्णञ्च लघुभोजनम् ।
नासारोगे पीनसादौ सेव्यमेतद्यथाबलम् ।।४३।।

40-43. The following eatables are helpful for the patient of nasal indisposition: old barley, *ṣaṣṭhi* variety of rice, soup of *kulattha* and *mudga* beans, meat soup of rural and wild birds-animals, brinjal, *paṭola*, drum sticks, unripe radish, *karkoṭa*, garlic pearls, curd, warm water, *vāruṇī*, dried ginger, *marica*, pepper, citrus, salty and sour eatables and oily eatables. The following measures are helpful to the patient: staying in a non-airy place, wearing heavy headgear, gargling with herbs, *langhaṇa* (fasting), taking medicinal smoke (*dhūmap.na*), vomiting, *virecana* (purgation), taking snuff of sharp herb-powder, *svedana* (fomentation), massaging and ointmenting.

विरुद्धानि दिवास्वप्नमभिष्यन्दि गुरूणि च । स्नानं क्रोधं शकृन्मूत्रवातवेगाञ् शुचं द्रवम् ।४४।।
भूमिशय्यां च यत्नेन नासारोगे परित्यजेत् ।।४५।।

44-45. Sleeping during day hours, taking *abhiṣayandi* and heavy to digest diets, bathing, getting angry, holding the call of nature; sorrow, liquid eatables and drinks and sleeping on the ground–all of these are prohibited for the person suffering from nasal indispositions.

इति भैषज्यरत्नावल्यां नासारोगचिकित्साप्रकरणम् ।।६३।।
इति भैषज्यरत्नावल्यां 'विद्योतिनी' नामिकायां भाषाटीकायां नासारोगचिकित्साप्रकरणम् ।।६३।।

End of the Chapter 63 of Bhaiṣajya Ratnāvalī with Commentary

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अथ नेत्ररोगचिकित्साप्रकरणम् ६४

Chapter 64

Netra Roga

अभिष्यन्दचिकित्सा–

लङ्घनालेपनस्वेदशिराव्यधविरेचनैः । उपाचरेदभिष्यन्दानञ्जनाश्च्योतनादिभिः।।१।।

1. Treatment of Abhṣayanda:

To cure *abhṣayanda*, the patient should be treated by administering *langhaṇa* (fasting), *ālepana* (external application of drugs in the form of *kalka*), *svedana* (fomentation), *śira vyadha* (venesection), *śiro virecana* (elimination of *doṣas* from the head), *añjana* (applying collyrium in the eyes), *aścyotana* (dropping medicated liquids into the eyes) and such other therapies.

श्रीवासातिविषालोध्रैश्चूर्णितैरल्पसैनधवै । अव्यक्तेऽक्षिगदे कार्यं प्रोतस्थैर्गुण्डनं बहिः ।।२।।

2. During the un-manifested stage of the eye disease, powder of *śrīvāsa*, *ativiṣā*, *lodhra* and a small quantity of rock-salt should be kept in a thin cloth and dusted over the eye-lids.

अक्षिकुक्षिभवा रोगाः प्रतिश्यायव्रणज्वराः । पञ्चैते पञ्चरात्रेण प्रशमं यान्ति लङ्घनात् ।।३।।

3. The eye diseases like conjunctivitis, abdominal problems such as the diarrhoea, common cold related to nose and wounds of body and fever are the indispositions which are cured by *langhaṇa* (fasting) for five days.

Note: Generally *langhaṇa* (fasting) has been suggested for only three days. However, where one is suggested to continue *langhaṇa* (fasting) for five days, one should follow the same. Usually, indispositions caused by *vāta* disorder should be followed by *langhaṇa* (fasting) for three days, indispositions caused by *pitta* disorder should be followed by *langhaṇa* (fasting) for four days and indispositions caused by *kapha* disorder should be followed by *langhaṇa* (fasting) for five days.

स्वेदः प्रलेपस्तिक्तान्नं सेको दिनचतुष्टयम् । लङ्घनञ्चाक्षिरोगाणामामानां पाचनानि षट् ।।४।।

4. Administration of *svedana* (fomentation) therapy, *pralepa* (external application of drugs in the form of *kalka*), bitter food, *śeka* (sprinkling medicated

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liquids over the eyes), *langhaṇa* (fasting therapy) and a waiting for four days—these six factors convert the *āma* (immature) stage of eye diseases into *pakva* (matured) stage.

अञ्जनं पूरणं क्वाथपानमामे न शस्यते ।।५।।

5. Prohibitions during *āma* stage of eye disease include application of *añjana*, taking of *rasa* based medications and drinking various decoctions.

धात्रीफलनिर्यासो नवदृक्कोपं निहन्ति पूरणतः । सक्षाद्रसैन्धवो वा शिग्रुद्भवपत्ररससेकः ।।६।।

6. Dropping juice of *āmalakī* in eyes or dropping the juice of *śigru* leaves measuring 1 gm. along with 1 gm. of honey and 250 mg. of rock salt would help in curing fresh conjunctivitis.

दार्वीरसाञ्जनञ्चापि स्तन्ययुक्तं प्रपूरणम् । निहन्ति शीघ्रं दाहाश्रुवेदनाः स्यन्दसम्भवा ।।७।।

7. Obtain *rasāñjana* made from decoction of *dāru haridrā* and mix it with breast milk or cow milk and drip it on eyes after grounding it or use it as *añjana* on the eyes. This would help in relieving the burning sensation, pain and tears caused by conjunctivitis.

करवीरतरुणकिशलयछेदोद्भवसलिलसम्पूर्णम्।नयनयुगंभवतिदृढंसहसैवतत्क्षणात् कुपितम् ।।८।।

8. Obtain juice by grounding fresh leaves of *karavīra* plant and drop it over the eyes during morning as well as in the evening. This measure would help in providing immediate relief from conjunctivitis. It also makes eyes clean and powerful.

शिखरिजमूलंताम्रभाजनेस्तोकसैन्धवोन्मिश्रम् । मस्तुनिघृष्टंभरणाद्धरतिच नवलोचनोत्कोपम् ।।९।।

9. Ground root of *apāmārga* along with small quantity of rock salt and curd water in a copperware. Drop the resultant liquid in eyes and apply the same as *añjana* over eyes. This measure would cure one from fresh conjunctivitis.

सैन्धवदारुहिद्रागैरिकपथ्यारसाञ्जनैः पिष्टैः । दत्तो बहिः प्रलेपो भवत्यशेषाक्षिरोगहरः ।।१०।।

10. Ground rock salt, *dāru haridrā*, *gairika*, lesser *haraḍa* and *rasāñjana* together. Apply the *kalka* on the external parts of eyes. This would help in alleviating all types of the eye diseases.

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तथा शावरकं लोध्रं घृतभृष्टं विडालकम् । कार्या हरीतकी तद्वद् घृतभृष्टा विडालकः ।।११।।

11. Fry *śāvaralodhra* or *haraḍa* in *ghṛitam* and cook the same with little quantity of water. Take the cooked preparation and apply it on the external parts of eyes. The *viḍālaka kalka* should be applied to the eyes. This cures conjunctivitis of eyes.

शालाक्येऽक्ष्णोर्बहिर्लेपो बिडालक उदाहृतः ।।१२।।

12. The pasting which is done on the external parts of eyes is known as *Viḍālaka* as per the prescription of Suśruta in the *Śālākya Tañtra* section of his text.

गिरिमृच्चन्दननागरखटिकांशयोजितोबहिर्लेपः । कुरुतेवचयामिश्रोलोचनमगदं न सन्देहः ।।१३।।

13. Collectively ground *svarṇa gairika*, red sandalwood, dried ginger, *khaṭikā* (chalk or *dugdhāśma*) soil and *vacā*. Apply the *kalka* outside the eyes to get relief from conjunctivitis.

भूम्यामलकीघृष्टासैन्धवगृहवारियोजिताताम्रे । याताघनत्वमक्ष्णोर्जयति बहिर्लेपतः पीडाम् ।।१४।।

14. Ground root of *bhūmyālakī* along with little quantity of rock salt and *kānji* in a cooper ware. Apply a thick coating of this *kalka* on the external parts of the eyes. This would provide relief from the pain caused due to conjunctivitis.

आश्चयोतनं मारुतजे क्वाथो बिल्वादिभिहितः । कोष्णः सैरण्डबृहतीतकारीमधुशिग्रुभिः ।।१५।।

15. In *vātika* type of *abhṣayanda*, lukewarm decoction of *bṛihat pañcamūla* (*bilva*, *śyoṇāka*, *paṭala*, *ganikarika* and *gambhārī*), *eraṇḍa*, *bṛihatī*, *takārī* and *madhu* (red) *śigru* should be sprinkled over the eyes.

एरण्डपल्लवे मूले त्वचि चाजपयः श्रृतम् । कण्टकार्याश्च मूलेषु सुखोष्णं सेचने हितम् ।।१६।।

16. Goat's milk boiled with the leaf, root and bark of *eraṇḍa*, and root of *kaṇṭakārī*, when lukewarm, should be sprinkled over the eyes. It is useful for *vātika* type of *abhṣayanda*.

पक्वाक्षिरोगचिकित्सा–

सम्पक्वेऽक्षिगदे कार्यमञ्जनादिकमिष्यते ।।१७।।

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Treatment of Pakvākṣi:

17. Therapies like *añjana*, etc. should be used in case of swelling in the eyes.

प्रशस्तवर्त्मता चाक्ष्णोः संरम्भाश्रुप्रशान्तता । मन्दवेदनता कण्डूः पक्वाक्षिगदलक्षणम् ।।१८।।

18. In the swelling of eyes, the eyes become dry and they do not discharge tears. There is edema there and it itches around the eyes.

बृहत्येरण्डमूलत्वक् शिग्रोर्मूल ससैन्धवम् । अजाक्षारेण पिष्टं स्याद् वर्त्तिर्वाताक्षिरोगनुत् ।।१९।।

19. Ground bigger *kaṅṭakārī*, *eraṇḍa* (root-bark), *śigru* (root-bark) and rock salt in goat's milk. Prepare *varttī* out of it and ground it along with water. Having *añjana* with this on eyes helps in checking all *vāta* generated eye diseases.

Note: *Varttī*s are the pills that are rubbed along with water or desired substance. The compound thus obtained is applied as *añjana* or colleryium.

हरिद्रे मधुकं द्राक्षां देवदारु च पेषयेत् । आजेन पयसा श्रेष्ठमभिष्यन्दे तदञ्जनम् ।।२०।।

20. *Haridrā*, *dāru haridrā*, *yaṣṭimadhu*, *drākṣā* and *devadāru* should be triturated along with goat's milk, and applied as collyrium. It is an excellent recipe for curing *abhṣayanda*.

गैरिकं सैन्धवं कृष्णा तगरञ्च यथोत्तरम् । पिष्टं द्विरंशतोऽद्भिर्वा गुडिकाञ्जनमिष्यते ।।२१।।

21. Obtain the following: *svarṇa gairika* (1 part), rock salt (two parts), *pippalī* (four parts) and *tagara* (in context - dried ginger) (eight parts). Ground these materials collectively with water or goat's milk. Prepare pills out of the preparation. Having *añjana* with pills helps in checkıng conjunctivitis.

पित्ताक्षिरोगचिकित्सा–

प्रपौण्डरीकयष्ट्याह्वनिशामलकपद्मकैः । शीतैर्मधुसमायुक्तैः सेकः पित्ताक्षिरोगनुत् ।।२२।।

22. Treatment of Pittākṣi:

Decoction prepared out of *prapaunḍarīka*, *yaṣṭimadhu*, *haridrā*, *āmalakī* and *padmaka* should be added with honey when it becomes cool. Use of this liquid as *śeka* (irrigation) cures *paittika* types of eye-diseases.

द्राक्षामधुकमञ्जिष्ठाजीवनीयैः शृतं पयः । प्रातराश्च्योतनं शस्तं शोथशूलाक्षिरोगिणाम् ।।२३।।

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23. Milk boiled with *drākṣā*, *yaṣṭimadhu*, *manjiṣṭhā* and drugs belonging to *jīvanīya* group should be used for *aścyotana* (aspersion) in the morning. It cures eye-diseases associated with edema and pain.

निम्बस्यपत्रैःपरिलिप्यलोध्रंस्वेदाग्निना चूर्णमथापि कल्कम् ।
आश्च्योतनं मानुषदुग्धयुक्तंपित्तास्रवातापहमग्न्यमुक्तम् ।।२४।।

24. The powder or the *kalka* of *lodhra* should be wrapped with the *kalka* of *neem* leave and heated over fire. Thereafter, the *kalka* of *lodhra* should be taken out, mixed with woman's breast-milk and applied over the eyes. It cures *paittika*. *raktaja* and *vātika* types of eye-diseases.

कफजनेत्ररोगे चिकित्साक्रमः–

कफजे लङ्घनं स्वेदो नस्यं तिक्तान्नभोजनम् । तीक्ष्णैः प्रधमनं कुर्यात्तीक्ष्णैश्चैवोपनाहनम् ।।२५।।

25. In cases where eye diseases have been caused due to vitiated *kapha*, one should have *langhaṇa* (fasting), *svedana* therapy and nasal therapy. He should take meals having bitter ingredients; he should also take smoke (*dhūpan*) therapy involving sharp herbs like pepper. One could also use the *upanāhan* ointment out of these herbs.

फणिज्झकास्फोतकपित्थबिल्वपत्तूरपीलूसुरसार्जभृङ्गैः ।
स्वेदं विदध्यादथवा प्रलेपं बर्हिष्ठशुण्ठीसुरदारुकुष्ठैः ।।२६।।

26. Obtain *phaṇinjhaka* (small leave of *tulasī* or *marubakpatra*), *āsphoṭā*, *kapitth*, *bilva*, leaves of *pattūra* (*śāli nca*), leaves of *tulasī* and black *tulasī* (*arja*). Combine all these materials and cook them through *puṭapāka* method. Apply the resultant on the external parts of eyes through *svedana* (fomentation) or apply *kalka* prepared by grounding *sugandhabālā*, dried ginger, *devadāru* and *kuṣṭha* in water.

शुण्ठीनिम्बदलैःपिण्डःसुखोष्णैःस्वल्पसैन्धवैः । धायश्चक्षुषि संक्षेपाच्छोथकण्डूव्यथापहः ।।२७।।

27. Prepare a *kalka* out of dried ginger, *neem* leaves and rock salt. Warm the *kalka* up and when in a lukewarm stage, apply the same over the eyes taking fresh, clean and a thin piece of cloth. It checks swelling of eyes, pain and itching sensation around it.

वल्कलं पारिजातस्य तैलकाञ्जिकसैन्धवम् । कफेद्भूताक्षिशूलघ्नं तरुघ्नं कुलिशं यथा ।।२८।।

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28. Eye pain caused due to vitiated *kapha* is removed through application of the following *añjana*. Churn *nimba* (*pārijāta* variety), sesame oil, *kānji* and rock salt kept in copper vessel. Finally triturate them and obtain the *añjana*.

Note: Trāditionally, the intake should be like the following: *nimba* measuring 3 gm., decoction or juice, sesame oil measuring 1 gm., rock salt 250 mg. and *kānji* 48 gm..

ससैन्धवं लोध्रमथाज्यभृष्टंसौवीरपिष्टं सितवस्त्रबद्धम् ।
आश्चयोतनंतन्नयनस्यकार्यंकण्डूञ्चदाहञ्चरुजाञ्च हन्यात् ।।२९।।

29. Rock salt and *lodhra* should be fried with *ghṛitam* and triturated by adding *Sauvīra* (a type of vinegar) to it. This *kalka* should be tied in a piece of white, clean and thin cloth. Its juice should be squeezed and dropped into the eyes. It cures itching, burning sensation and pain of the eyes.

स्निग्धैरुष्णश्च वातोत्थाः पित्तजा मृदुशीतलैः । तीक्ष्णरूक्षोष्णविशदैः प्रशाम्यन्ति कफात्मकाः ।।
तीक्ष्णोष्णमृदुशीतानां व्यत्यासात् सान्निपातिकाः ।।३०।।

30. *Vātika* types of eye-diseases get cured by the administration of unctuous and hot therapies. The *paittika* and *raktaja* types of eye-diseases, by the application of *mṛidu* (soft or mild) and cooling therapies. The *kaphaja* types of eye-diseases by the administration of sharp, hot and non-slimy therapies; and *sannipātika* type of eye-disease by the alternative administration of sharp, hot, soft and cooling therapies.

रक्ताभिष्यन्दचिकित्सा–

तिरीटत्रिफलायष्टीशर्कराभद्रमुस्तकैः । पिष्टैः शीताम्बुना सेको रक्ताभिष्यन्दनाशनः ।।३१।।

31. Treatment of Raktabhṣayanda:

Prepare a *kalka* out of *lodhra*, *tṛiphalā* herbs, *yaṣṭi*, jaggery and *mustaka*. Pack the *kalka* in a piece of cloth and warm up the eyes with this pack. Optionally, one should take *kalka* and dissolve it in cold water and use the preparation as eye drops.

कशेरुमधुकानाञ्च चूर्णमम्बरसंवृतम् । न्यस्तमष्स्वान्तरीक्षासु हितमाश्चयोतनं भवेत् ।।३२।।

32. Tie the powder of *kaṣeru* and *yaṣṭimadhu* (3 gm. each) in a piece of cloth and keep it in rain water (12 ml.). *Āścyotana* (dropping) with this cold liquid cures *abhṣayanda*.

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दार्वीपटोलमधुकं सनिम्बं पद्मकोत्पलम् । प्रपौण्डरीकं चैतानि पचेत्तोये चतुर्गुणे ।।३३।।
विपाच्य पादशेषन्तु तत् पुनः कुडवं पचेत् । शीतोभूते तत्र मधु दद्यात्पादांशिकं ततः ।।
रसक्रियैषा दाहाश्रुरागशोथरुजापहा ।।३४।।

33-34. Take 46 gm. measure each of *dāru haridrā*, *paṭola patra*, *madhuka*, *nimba* (bark), *padmaka*, *nīlakamal* and *prapaunḍarīka*. Decoct them in water measuring 1300 ml. When the decoction gets thickened and appears less than one fourth of the original amount, remove out the same from oven. When it cools down to atmospheric temperature, add to it honey measuring one fourth of it (i.e. 46 gm.). Using this preparation as paste over the eyes reduces the burning sensation of the eyes, excessive tearing, redness of the eyes and its edema.

तिक्तस्य सर्पिषः पानं बहुशश्च विरेचनम् । अक्ष्णोरपि समन्ताच्च पातनन्तु जलौकसः ।।
पित्ताभिष्यन्दशमनो विधिश्चाप्युपपादितः ।।३५।।

35. Treatment of *Paittika Abhṣayanda*: Intake of bitter *ghṛitam* (*Paṭolādi Ghṛita*), frequent administration of *virecana* (purgative) therapy and application of leeches all around the eyes cure *paittika* type of *abhṣayanda*.

शिग्रुपल्लवनिर्यासः सुघृष्टस्ताम्रसम्पुटे । घृतेन धूपितो हन्ति शोथघर्षाश्रुवेदनाः ।।३६।।

36. Get juice of the leaves of *śigru* (96 gm.) and store it in a copper bowl. Stir the juice thoroughly with a copper ladle. When it gets thickened coat the same around the internal walls of the copper bowl. Expose these coatings to the smoke of a lamp containing *ghṛita*. Thus the smoke of the lamp would get deposited on the walls in shape of a *kajjalī* i.e. collyrium. Application of the *kajjalī* cures all types of eye- edema associated with pain.

पिष्टैर्निम्बस्य पत्रैरतिविमलतरैर्जातिसिन्धूत्थमिश्रैरन्तर्गर्भं दधाना पटुतरगुडिका पिष्टलोध्रेण भृष्टा ।
तूलैःसौवीरसान्द्ररतिशयमृदुभिर्वेष्टितासासमन्ताच्चक्षुः
कोपप्रशान्तिचिरमुपरिदृशोर्भ्राम्यमाणाकरोति ।।३७।।

37. Get clean leaves of *nimba* (12 gm.) and *jātī* (12 gm.) along with rock salt (3 gm.) and triturate them into a *kalka*. Prepare *kalka* of *lodhra* (6 gm.) and keep this *kalka* in the middle of the earlier *kalka*. Wrap this bolus shaped *kalka* with a piece of soft cotton that has been smeared with *Sauvīra* (a type of vinegar) and heat (roast) the bolus over fire. Rub the eyes with this cotton pack. Repeated rubbing would surely cure conjunctivitis.

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बिल्वपत्ररसाञ्जनपूरणम् (च. द.)–

बिल्वपत्ररसः पूतः सैन्धवाज्येन चान्वितः । शुल्वे वराटिकाघृष्टो धूपितो गोमयाग्निना ।।३८।।
पयसालोडितश्चाक्ष्णोःपूरणाच्छोथशूलनुत् । अभिष्यन्देऽधिमन्थे च स्रावे रक्ते च शस्यते ।।३९।।

38-39. Bilvapatrarasāñjana:

Ingredients: Juices of *bilva* leaves, rock salt, cow *ghṛitam* and woman's milk or cow milk.

Process of Drug-Making: Obtain juices of *bilva* leaves measuring 6 ml. and add to it 1 gm. measure powder of rock salt and 6 gm. of cow *ghṛitam*. Store these ingredients in a copper bowl and rub the same through cowries. When the preparation gets thickened, put the bowl tilted upwards. Allow it to receive smoke of sun-baked cow dung that has been put to fire. Gradually the ingredients in the copper bowl would turn black like a *kajjalī*. Add to it, small quantity of woman milk or cow milk. Use this preparation as eye drop.

Method of use/Administration: Use this as an eyedrop.

Therapeutic benefits: Use of this eye-drop cures edema and pain in the eyes. It is also useful in *abhṣayanda*, *adhimantha* and bleeding from the eyes.

(Cakradatt)

बिल्वपत्ररसं साम्लं निघृष्ट ताम्रभाजने । सिन्धूत्थकटुतैलाक्तं कुर्यान्नेत्रस्रवादिषु ।।४०।।

40. Take juice of *bilva* leaves (6 ml.) and *kanji* (2 ml.). Pour them together inside a copper bowl. Rub a piece of *kapardika* into it. When the preparation gets thickened, add to it mustard oil (2 ml.) and rock salt ($^1/_2$ gm.). Applying this preparation as an *añjana* cures one from *netrasrāva* (excessive tearing).

सलवणकटुतैलं काञ्जिकं कांस्यपात्रे घनितमुपलघृष्टं धूपितं गोमयाग्नौ ।
सपवनकफकोपं छागदुग्धावसिक्तंजयति नयनशूलं स्रावशोथं सरागम् ।।४१।।

41. Take ½ gm. measure of rock salt and mix 2 ml. of *kānji* as well as 12 drops of mustard oil into it. Store these ingredients in a copper bowl and rub the same through cowries. When the preparation gets thickened, put the bowl tilted upwards. Allow it to receive smoke of sun baked cow dung that has been put to fire. Gradually the ingredients in the copper bowl would turn black like a *kajjalī*. Add to it small quantity of goat milk. Use this preparation as eye drop. Use of this eye-drop cures *vātika* and *kapha* generated *netra kopa* (eye indisposition), pain, discharge, edema and redness of the eyes.

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तरुस्थविद्धामलकीरसः सर्वाक्षिरोगनुत् । पुराणं सर्वथा सर्पिः सर्वनेत्रामयांपहम् ।।४२।।

42. Collect the juice of *āmalakī* fruits that are still attached to their tree. One can use needle for this purpose. This fruit drops should be applied over the eyes. This medication cures all types of eye diseases. Likewise, taking old cow *ghṛitam* or using it as a nasal therapy or applying it as an *añjana* also cures all types of eye diseases.

अधिमन्थचिकित्सा–

अयमेव विधिः सर्वो मन्थादिष्वपि शस्यते । अशान्तौ सर्वथा मन्थे भ्रुवोरुपरि दाहयेत् ।।४३।।

43. Treatment of Adhimantha:

The cases of *adhimantha* should be treated as per the prescriptions suggested in the relation of the treatment of *abhṣayanda* (conjunctivitis). If the disease is not cured in spite of this treatment, one should perform cauterization therapy on the upper part of eyes with a heated iron rod.

नेत्रपाकचिकित्सा–

जलौकःपातनं शस्तं नेत्रपाके विरेचनम् । शिरावेधं प्रकुर्वीत सेकलेपांश्च शुक्रवत् ।।४४।।

44. Treatment of Netrapāka:

In cases of *netrapāka*, one should remove out the vitiated blood with the help of leech. Subsequently, carry out therapies like *śira vedha* and *virecana* prescribed in the treatment of *śukraroga* below.

षडङ्गक्वाथगुग्गुलुः–

बिभीतकशिवाधात्रीपटोलारिष्टवासकैः । क्वाथे गुग्गुलुना पेयः शोथपाकाक्षिशूलहा ।।
पिल्लञ्च सव्रणं शुक्रं रागादीश्चापि नाशयेत् ।।४५।।

45.Ṣaḍanga Kvātha Guggulu:

Ingredients: *Vibhītaka*, *haraḍa*, *āmalakī*, *paṭola* leaves, *nimba* leaves, *aḍuṣā* leaves and purified *guggulu*.

Process of Drug-Making: Prepare decoction of *vibhītaka*, *haraḍa*, *āmalakī*, *paṭola* leaves, *nimba* leaves and *aḍuṣā* leaves. Add 500 mg. of purified *guggulu* into this decoction.

Process of Decoction Making: Take equal parts of the above mentioned ingredients and raise 25 gm. of their coarsely powdered mix. Decoct it along with water measuring 400 ml. till it is reduced to one fourth.

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Method of use/Administration: Daily drinking this decoction.

Therapeutic benefits: It would help in curing *netraśotha*, *netrapāka*, *netraśūla*, *pilla* (bleared eye), adherent leucoma, redness of eyes and the like.

षडङ्गगुग्गुलुघृतम्–

एतैश्चापि घृतं पक्वं रोगास्तांश्च व्यपोहित ।।४६।।

46. Take 708 gm. each of the above mentioned six herbs (*vibhītaka*, etc.). Decoct them with water measuring 16 litre until the original quantity is reduced to one fourth. Add 1 litre of cow *ghṛitam* and *kalka* of purified *guggulu* (42 gm.) into it. Methodologically cook the preparation to obtain the medicated *ghṛitam*. Consumption of this *ghṛitam* helps in alleviating *netraśotha*, *pilla* (bleared eye) and similar eye diseases.

वासकादिक्वाथः (च. द.)–

आटरूषाभयानिम्बधात्रीमुस्ताक्षकूलकैः । रक्तस्रावं कफं हन्ति चक्षुष्यं वासकादिकम् ।।४७।।

47. Vaskādi Kvātha:

Ingredients: *Aḍuṣā*, *haraḍa*, *nimba* (bark), *āmalakī*, *mustā*, *vibhītaka*, *paṭola* leaves and water.

Process of Drug-Making: Take equal parts of the *aḍuṣā*, *haraḍa*, *nimba* (bark), *āmalakī*, *mustā*, *vibhītaka* and *paṭola* leaves. Raise 25 gm. of their coarsely powdered mix. Decoct it along with water measuring 400 ml. till it is reduced to one fourth.

Method of use/Administration: Drink the decoction.

Therapeutic benefits: It would help in checking *raktasrāva* and *kapha* disorders. The decoction is very much beneficial for eyes if consumed through drinking and through *aśecana* i.e. washing or irrigating.

(Cakradatt)

पथ्यास्तिस्त्रोबिभीतक्यःषड्धात्र्योद्वादशैव तु । प्रस्थार्द्धे सलिले क्वाथमष्टभागावशेषितम् ।।४८।।
पीत्वाऽभिष्यन्दमास्त्रावं रागञ्च तिमिरं जयेत् । संरम्भरागशूलास्त्रनाशनं दृक्प्रसादनम् ।।४९।।

48-49. Take three pieces of *haraḍa*, six pieces of *vibhītaka* and 12 pieces of *āmalakī*. Remove the stones of *āmalakī* and coarsely ground them along with other materials. Decoct their mix in water measuring 375 ml. until the original quantity is reduced to one eighth. Drinking this decoction daily would help in

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providing relief from conjunctivitis, all types of *netrasrāva*, redness of eyes, *timira*, *sanrambha* (*netraśotha*), *netraśūla* and *raktavikāra* (disorder due to vitiated blood).

वासकादिक्वाथो बृहत् (यो. र.)–

वासा घनं निम्बपटोलपत्रंतिक्तामृताचन्दनवत्सकत्वक् ।
कालिङ्गदार्वीदहनं सनागरं भूनिम्बधात्र्यावभयाबिभीतम् ।।५०।।
श्यामा यवः क्वाथमथाष्ट भागंपिबेदिमं पूर्वदिने कषायकम् ।
तैमिर्य्यकण्डूपटलार्बुदञ्च शुक्रं तथा सव्रणमव्रणञ्च ।।
दाहं सरागं सरुजं सपिल्लंहन्यात् समस्तानपि नेत्ररोगान् ।।५१।।

50-51. Vāsakādi Kvātha (Major Variety):

Ingredients: *Vāsa*, *ghana*, *nimba*, *paṭola patra*, *tikta* (*kaṭu rohiṇī*), *guḍūcī*, *candana*, bark of *vatsaka*, *kalinga* (*indrayava*), *dāru haridrā*, *citraka*, *śunṭhī*, *bhūnimba*, *āmalakī*, *harītakī*, *vibhītakī*, *yava* and water.

Process of Drug-Making: Obtain equal parts of *vāsa*, *ghana*, *nimba*, *paṭola patra*, *tikta* (*kaṭu rohiṇī*), *guḍūcī*, *candana*, bark of *vatsaka*, *kalinga* (*indrayava*), *dāru haridrā*, *citraka*, *śunṭhī*, *bhūnimba*, *āmalakī*, *harītakī*, *vibhītakī* and *yava*. Raise 25 gm. of their coarsely powdered mix. Decoct it along with water measuring 400 ml. till it is reduced to one eighth.

Method of use/Administration: Take this decoction during the morning hours.

Therapeutic benefits: It cures *timira*, *kanḍu* (itching), *paṭala*, *arbuda*, *śukra* associated with ulcer or without ulcer, burning sensation, pain and redness of eyes as well as all other eye-diseases.

(*Yoga Ratnākar*)

अभिघातजनेत्ररोगचिकित्सा–

नेत्रे त्वभिहते कुर्याच्छीतमाश्चयोतनादिकम् ।।५२।।

52.Treatment of Abhighātaja (injury-generated) eye diseases:

Injury caused by wooden or iron pieces on eyes can be cured through eye drops, nasal therapy, ointment, *svedana* (fomentation) and washings.

दृष्टिप्रसादजननं विधिमाशु कुर्यात् स्निग्धैर्हिमैश्च मधुरैश्च तथा प्रयोगैः ।
स्वेदाग्निधूमभयशोकरुजाभितापैरभ्याहतानपि तथैव भिषक् चिकित्सेत् ।।५३।।

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53. If there is pain on eyes due to excessive sweating (obtained through *svedana* therapy in connection to other diseases), due to smoke, due to fear, grief, heat and the like. Ointment of cold pastes should be used. The patient should also take oily and sweet edibles. These measures clear the vision.

आगन्तुदोषं प्रसमीक्ष्य कार्यं वक्त्रोष्मणा स्वेदनमादितश्च ।
आश्चयोतनं स्त्रीपयसा च सद्योयच्चपि पित्तक्षतजापहं स्यात् ।।५४।।

54. Occasionally dust particles and smoke particles enter into the eyelids while walking. It should be first treated by taking a pack of clean cloth and warming it through mouth's evaporation. This pack should be used in fomenting the eyes. Optionally, one could fill in the eyes milk of a lady or a cow. One could also apply treatment suggested in the case of conjunctivitis due to *pitta* and due to blood vitiation.

सूर्योपरागानलविद्युताञ्च विलोकनेनोपहतेक्षणस्य ।
सन्तर्पणं स्निग्धहिमादि कार्यंसायं निषेव्यास्त्रिफलाप्रयोगाः ।।५५।।

55. Sometimes the eyeballs get hurt by looking at warm and a hot sun or by watching the solar or lunar eclipses. Such cases should be treated with ice. In the evening the patient should take powder of *tṛiphalā* herbs in measure of 3-6 gm. doses along with honey in winters and along with *ghṛitam* in summer. One could also take decoction of *tṛiphalā* herbs as well as apply this decoction to wash the eyes.

निशाब्दत्रिफलादार्वीसितामधुकसंयुतम् । अभिघाताक्षिशूलघ्नं नारीक्षीरेण पूरणम् ।।५६।।

56. Prepare a *kalka* of *haridrā*, *mustā*, *tṛiphalā* herbs, *dāru haridrā*, jaggery and *madhuka* and powder them along with woman's milk. Application of this *kalka* on the eyes controls pain due to external injury.

आजं घृतं क्षीरपात्रं मधुकं चोत्पलानि च । जीवकर्षभकौ चापि पिष्ट्वा संपिविपाचयेत् ।
सर्वनेत्राभिघातेषु सपिरेतत्प्रशस्यते ।।५७।।

57. *Ghṛitam* prepared from goat's milk (750 ml.) should be cooked by adding 3 litre of goat's or cow's milk. Also add to it, *kalka* prepared out of *yaṣṭimadhu*, *utpala*, *jīvaka* and *ṛiṣabhaka* (46 gm. each). Intake of this medicated *ghṛitam* cures all eye-diseases caused by injury.

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अन्यतोवातमारुतपर्यययोश्चिकित्सा–

वाताभिष्यन्दवच्चान्यद्वाते मारुतपर्यये । पूर्वभक्तं हितं सर्पिः क्षीरं वाऽप्यथ भोजने ।।५८।।

58. Cases of *anyatovāta* and *vātaparyāya* diseases one should take up the treatments suggested in relation to conjunctivitis caused due to *vāta* disorder. Apart from this the patient should take *ghṛitam* before meals and milk after the meals. These are helpful measures.

शुष्काक्षिपाकचिकित्सा (च. द.)–

सैन्धवं दारु शुण्ठी च मातुलुङ्गरसो घृतम् । स्तन्योदकाभ्यां कर्त्तव्यं शुष्कपाके तदञ्जनम् ।।५९।।

59. Treatment of Śuṣka akṣipāka:

Take 10 gm. each of of rock salt, powdered *devadāru* and dried ginger. Prepare a medicinal juice by treating them with juice of *mātulunga* lemon, cow *ghṛitam*, woman or cow's milk and water each measuring 10 ml. This medicated liquid should be applied on the eyelids. It checks the disease *śuṣka akṣipāka*.

(Cakradatt)

वृक्षादन्यां कपित्थे च पञ्चमूले महत्यपि । सक्षीरे कर्कटरसे सिद्धञ्चापि पिवेद् घृतम् ।।६०।।

60. In *anayatovāta* as well as *vātaparyāya* indisposition, one should take the *ghṛitam* (1 kg.) cooked by adding the *kalka* of *vandāka*, *vṛikṣādani*, *kapittha* and *bṛihat pañcamūla* (35 gm. each), milk (1 litre) and the juice (3 litres) of *karkaṭaśṛingī*.

अभिस्यन्दमधीमन्थं रक्तोत्थमथावऽर्जुनम् । शिरोत्पातं शिराहर्षमन्यांश्चास्रभवान् गदान् ।।
स्निग्धस्याज्येन कौम्भेन शिरावेधैः शमं नयेत् ।।६१।।

61. 100 years old *ghṛitam* (kept in a pitcher) should be used in *snehana* to treat cases of conjunctivitis, *adhimantha*, eyes diseases caused due to blood disorder, *arjuna*, headache and *śirāharṣa*. Following *snehana*, one should also administer the *śira vedha* treatment.

अम्लाध्युषितचिकित्सा–

अम्लाध्युषितशान्त्यर्थं कुर्याल्लेपान् सुशीतलान् । तैल्वकं त्रैफलं सर्पिर्जीर्णं वा केवलं हितम् ।।
शिराव्यधं विना कार्यः पित्तस्यन्दहरो विधिः ।।६२।।

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62. Treatment of Amlādhyuṣaita:

To control cases of *amlādhyuṣaita* eye disease, one should use cold ointments, medicinal *ghṛita*, medicinal *ghṛita* treated with *triphalā* herbs or simple old *ghṛitam*. One can also treat the case through measures (minus the *śiravedha* one) suggested in cases of conjunctivitis due to *pitta*.

शिरोत्पातचिकित्सा–

सर्पिः क्षौद्राञ्जनं चस्याच्छिरोत्पातस्य भेषजम् । तद्वत्सैन्धवकाशीसं स्तन्यपिष्टं च पूजितम् ।।६३।।

63. Treatment of *Śirotapāta*: Application of *ghṛitam* mixed with honey and treated with *sauvirāñjana* or application of rock salt pasted with *kāśīśa* and milk of a woman are best measures to treat cases of *śirotapāta*.

शिराहर्षचिकित्सा–

शिराहर्षेऽञ्जनंकुर्यात्फाणितंमधुसंयुतम् । मधुना तार्क्ष्यशैलं वा काशीसं वा समाक्षिकम् ।।६४।।

64.Treatment of Śirāharṣa:

In *śirāharṣa*, either *phāṇita* and honey, or *tārkṣyaśailā* (*rasāñjana*) and honey or *kāśīśa* and honey should be applied in the eyes as collyrium.

सव्रणशुक्रचिकित्सा–

व्रणशुक्रप्रशान्त्यर्थं षडङ्गं गुग्गुलुं पिबेत् । कातकस्य फलं शङ्खं तिन्दुक्तं रूप्यमेव च ।।
कांस्ये निघृष्ट स्तन्येन क्षतशुक्रार्त्तिरोगजित् ।।६५।।

65. Treatment of Savarṇaśukra (adherent leucoma):

The cases of *savarṇaśukra* should be treated with the above suggested *Ṣaḍānga Guggulu*. Optionally, one can prepare a *kalka* out of seed pulp of *kātaka* (*nirmali*) fruit, powder of *śankha*, *tenduka* seeds and *rajata bhasma* (3 gm. each). Take this *kalka* in a copper bowl and treat it with woman's milk. Application of this preparation and *añjana* to the eyes checks *savarṇaśukra*, eye pains and excessive redness of the eyes.

व्रणशुक्रहरी वर्त्तिः (च. द.)–

चन्दनं गारिकं लाक्षा मालतीकलिका समा । व्रणशुक्रहरी वर्त्तिः शोणितस्य प्रसादनी ।।६६।।

66. Varṇaśukrahari Varttī:

Ingredients: *Candana*, *gairika*, *lākṣā*, bud of *mālatī* and water.

Process of Drug-Making: Triturate the powders of *candana*, *gairika*, *lākṣā* and bud of *mālatī* along with water and make a *varttī* out of that.

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Therapeutic benefits: Use of this *varttī* cures *savraṇa śukra*. It alleviates accumulated blood in the eyes and makes the eyes clean.

(Cakradatt)

शिरया वा हरेद्रक्तं जलौकाभिश्च लोचनात् । अक्षमज्जाञ्जनं सायं स्तन्येन शुक्रनाशनम् ।।६७।।

67. Optionally, in this ailment, blood-letting from the eyes should be performed either through venesection or by the application of leeches.

एवं वा पुण्डरीकं च छागीक्षीरावसेचितम् । रगाश्रुवेदनां हन्यात् क्षतपाकात्ययाजकाः ।।६८।।

68. The *puṇḍarīka* flower should be churned along with goat's milk and used for *avaśecana* (sprinkling over the eyes). It cures redness in the eyes, tearing, eye-pain, *vraṇaśukra*, *pākatyāya* and *ajakājāta*.

तुत्थकं वारिणा युक्तं शुक्रं हन्तयक्षिपूरणात् ।।६९।।

69. *Tutthaka* should be mixed with water and poured into the eyes. It cures *śukra*.

समुद्रफेनदक्षाण्डत्वक्सिन्धूत्थैः समाक्षिकैः । शिग्रुबीजयुतैर्वर्तिः शुक्रघ्नी शिग्रुवारिणा ।।७०।।

70. *Samudra phena*, outer bark of the egg of hen, rock salt, honey and seed of *śigru* should be churned together by adding the juice of *śigru* and made to a *varttī* (elongated pill). This *varttī* should be applied inside the eyes as collyrim. It cures *śukra*. For this purpose, the pill is rubbed over a hard surface along with water or like liquid and a wet paste is obtained.

धात्रीफलंनिम्बकपित्थपत्रं यष्ट्याह्वलोध्रं खदिरं तिलाश्च ।
क्वाथः सुशीतो नयनेनिषिक्तः सर्वप्रकारं विनिहन्तिशुक्रम् ।।

71. Decoct *āmalakī*, leaves of *nimba* and *kapittha*, *yaṣṭimadhu*, *lodhra*, *khadira* and *tila*. Allow it to get cooled and dropped into the eyes. It cures all types of *śukra*.

क्षुण्णपुंनागपत्रेण परिभावितवारिणा । श्यामाक्वाथाम्बुना वाऽथ सेचनं कुसुमापहम् ।।७२।।

72. The *kalka* of the leaf of *punnāga* prepared by saturating and churning it along with water, or the decoction of *śyāmā* should be used for sprinkling over the eyes. It cures *śukra*.

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दक्षाण्डत्वक्शिलाशङ्खकाचचन्दनगैरिकैः । तुल्यैरञ्जनयोगोऽयं पुष्पार्मादिविलेखनः ।।७३।।

73. The outer bark of the egg of hen, *manahśilā*, *śankha*, *kāca*, *candana* and *gairika* (all in equal parts) should be made to a fine powder and applied as *añjana*. It helps in the scraping of *netra puṣpa*, *netra arma*, etc.

Note: Some scholars suggest on the basis of the term *kāca* referred above as powder of a glass bottle of black colour. They suggest preparing a very fine powder of such glass bottle and saturating the same in decoction of *triphalā* herbs for seven consecutive terms.

शिरीषबीजमरिचपिप्पलीसैन्धवैरपि । शुक्रे प्रघर्षणं कार्यमथवा सैन्धवेन च ।।७४।।

74. Very fine powder of the seed of *śirīṣa*, *marica*, *pippalī* and rock salt or only rock salt should be gently rubbed over the afflicted part of the eye.

बहुशःपलाशकुसुमस्वरसैःपरिभाविताजयत्यचिरात्।नक्ताह्वबीजवर्त्तिःकुसुमचयंदृक्षुचिरजमपि।।७५।।

75. Prepare a fine powder of the seed pulp of *karañja* fruits. Triturate it with decoction or juice of *palāśa* flowers for seven consecutive times. Rub this preparation along with rose water or simple water. Apply this preparation as an *añjana* to the eyes. It checks the eye ailment.

सैन्धवं त्रिफला कृष्णा कटुका शङ्खनाभयः । सताम्ररजसो वर्त्तिः पिष्टा शुक्रविनाशिनी ।।७६।।

76. *Vartti* (elongated pill) should be prepared from out of the *kalka* of rock salt, *harītakī*, *vibhītakī*, *āmalakī*, *pippalī*, *kaṭukī*, *śankhanābhi* and *tāmra bhasma*. Use of this *vartti* as *añjana* cures *netra śukra*. For this purpose, the pill is rubbed over a hard surface along with water or like liquid and a wet paste is obtained.

चन्दनं सैन्धवं पथ्या पलाशतरूशोणितम् । क्रमवृद्धमिदं चूर्णं शुक्रार्मादिविलेखनम् ।।७७।।

77. Get *rakta candana* measuring 12 gm., rock salt measuring 24 gm., *haraḍa* measuring 36 gm. and *palāśa*- raisin measuring 48 gm.. Compound them together with water and make elongated pills out of the preparation. Take these pills with a thin rod and gently rub the eyelids. It clears out the eyes affected by *arma* (pterygium) and *śukra*.

शङ्खाद्यञ्जनम्–

शङ्खस्य भागाश्चत्वारस्ततोऽर्द्धेन मनःशिला । मनःशिलार्द्धं मरिचं मरिचार्द्धेन सैन्धवम् ।।७८।।
एतच्चूर्णाञ्जनं श्रेष्ठं शुक्रयोस्तिमिरेषु च । पिच्चिटे मधुना योज्यमर्बुदे मस्तुना तथा ।।७९।।

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78-79. Śankhādyañjana:

Ingredients: *Śankhanābhi*, *manahśilā*, *marica* and rock salt.

Process of Drug-Making: Take 48 gm. of *śankhanābhi*, 24 gm. of *manahśilā*, 12 gm. of *marica* and 6 gm. of rock salt. Compound them together into a fine powder.

Method of use/Administration: Use this as *añjana*.

Therapeutic benefits: It is an excellent recipe for curing *netra śukra* and *timira* (cataract).

ताप्यं मधूकसारो वा बीजमक्षस्य सैन्धवम् । मधुनाऽञ्जनयोगाः स्युश्चत्वारः शुक्रशान्तये ।।८०।।

80. Take *svarṇamākṣika bhasma* properly purified through *gandhaka*, abstracts of *madhuka*, seed pulp of *vibhītaka* fruits and rock salt. Powder of any of these drugs should be treated with honey. Application of the same as an *añjana* checks *śukra* disease of eyes.

वटक्षीरेण संयुक्तं श्लक्ष्णं कर्पूरजं रजः । क्षिप्रमञ्जनतो हन्ति शुक्र चापि घनोन्नतम् ।।८१।।

81. Churn camphor along with latex of banyan tree and thoroughly compound the combination. Application of this preparation as an *añjana* checks mature cases of *śukra* disease.

त्रिफलामज्जमङ्गल्यामधुकं रक्तचन्दनम् । पूरणं मधुसंमिश्रं क्षतशुक्राजकाश्रुजित् ।।८२।।

82. Obtain *haraḍa* barks, seed pulp of *vibhītaka*, *āmalakī*, *gorocana*, *madhuka* and red sandalwood (all in powdered form) and get them churned with honey. Application of this preparation as an *añjana* checks *śukra*, *ajakā* and excessive tearing.

तालस्य नारिकेलस्य तथैवारुष्करस्य च । करीरस्य तु वंशानां कृत्वा क्षारं परिस्रुतम् ।।८३।।
करभास्थिकृतंचूर्णंक्षारेणपरिभावितम् । सप्तकृत्वोऽष्टकृत्वो वा श्लक्षणचूर्णं तु कारयेत् ।।८४।।
एतच्छुक्रेषु साध्येषु कृष्णीकरणमुत्तमम् । यानि शुक्राण्यसाध्यानि तेषां परममञ्जनम् ।।८५।।

83-85. Prepare alkali of *tāla* fruit, coconut, *bhallātaka* fruits, *aruśka* (fruit or root) and bamboo. Obtain fine powder of the camel bones and triturate it along with seven or eight consecutive terms with the above alkali. Application of this preparation as an *añjana* checks the disease called *śuklā roga*. This medication is also useful for incurable diseases of eyes.

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अजकाचिकित्सा–

अजकां पार्श्वतो विद्ध्वासूच्या विस्त्राव्य चोदकम् । व्रणं गोमयचूर्णेन पूरयेत्सर्पिषा सह ।।८६।।

86.Treatment of Ajakā:

The contaminated water in the eyes should be injected out through a minor surgery by the side of eyes using a purified needle. Following that, bandage the eyes after filling in the surgical wound with cow *ghṛitam* treated with *gomaya* (cow dung) powder.

सैन्धवं वाजिपाद च गोरोचनसमन्वितम् । शेलुत्वग्रससंयुक्तं पूरणं चाजकापहम् ।।८७।।

87. Take powders of rock salt, hoof of a horse and *gorocana* and triturate their compound for seven consecutive times along with decoction of *śailu* (barks). The preparation should be used as *añjana*.

चक्षुष्यो वर्गः (च. द.)–

त्रिफलाघृतंमधुयवाःपादाभ्यङ्गःशतावरीमुद्गाः। चक्षुष्यःसंक्षेपाद्वर्गः कथितो भिषग्भिरयम् ।।८८।।

88. Promoters of Eye Sight:

The *cakṣuṣya* (promoters of eye sight) herbs and measures include the *tṛiphalā* herbs, *ghṛitam*, honey, barley, massage in the soles, *śatāvarī* and *mudga*.

(Cakradatt)

तिमिरचिकित्सा–

लिह्यात्सदा वा त्रिफलां सुचूर्णितांघृतप्रगाढ़ां तिमिरेऽथ पित्तजे ।
समीरजे तैलयुतां कफात्मजे मधुप्रगाढ़ां विदधीत युक्तितः ।।८९।।

89. Treatment of Timira (Cataract):

The cases of *timira* caused due to *pitta* disorder should be treated with powders of *tṛiphalā* herbs along with *ghṛitam*. The cases of *timira* caused due to *vāta* should be treated with *tṛiphalā* taken with sesame oil. Similarly, this powder should be taken with honey in cases of *timira* caused due to *śleṣma* disorder.

कल्कः क्वाथोऽथवा चूर्णंत्रिफलायानिषेवितम् । मधुनासर्पिषावाऽपि समस्ततिमिरापहम् ।।९०।।

90. Use of *tṛiphalā* herbs in shape of a *kalka*, decoction or powder taken along with honey or *ghṛitam* checks all types of *timira* problems.

यस्त्रैफलं चूर्णमपथ्यवर्जीसायंसमश्नातिहविर्मधुभ्याम् ।

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स मुच्यते नेत्रगतैर्विकारैर्भृत्यैर्यथा क्षीणधनो मनुष्यः ।।९१।।

91. The patient who follows a regulated diet and regularly takes *tṛiphalā* herbs along with *ghṛitam* and honey is always free from diseases of the eyes.

सघृतं वा वराक्वाथं शीलयेत्तिमिरामयी ।।९२।।

92. The one who is regularly taking a decoction of *tṛiphalā* herbs becomes free from the ailment of *timira*.

जाता रोगा विनश्यन्ति न भवन्ति कदाचन । त्रिफलायाः कषायेण प्रातर्नयनधावनात् ।।९३।।

93. Washing the eyes with decoction of *tṛiphalā* herbs on daily basis is also a great check to the eye diseases. Even if there is disease, it would be cured by use of this decoction.

जलगण्डूषैःप्रातर्बहुशोऽम्भोभिःप्रपूर्यमुखरन्ध्रम् । निर्दयमुक्षन्नक्षिक्षमयतितिमिराणिनासद्यः ।।९४।।

94. The mouth should be filled with large quantity of water and massage should be applied with force over eye-lids. It cures various types of *timira* instantaneously.

Note: The measure should be taken in morning, afternoon as well as in the evening.

भुक्त्वा पाणितलं घृष्ट्वा चक्षुषोर्दीयते यदि । अचिरेणैव तद्वारि तिमिराणि व्यपोहति ।।९५।।

95. One should rub both the wet palms of his hands after taking food and put them over his eyes. Application of this water cures *timira* instantaneously.

नीलोत्पलं विडङ्गानि पिप्पली रक्तचन्दनम् । अञ्जनं सैन्धवं चैव सद्यस्तिमिरनाशनम् ।।९६।।

96. Application of the fine powder of *nīlakamal*, *vāyaviḍanga*, *pippalī*, *rakta candana* and *rasāñjana* (or *sauvirāñjana*) along with rock salt immediately checks the disease called *timira roga*.

पत्रगैरिककर्पूरयष्टीनीलोत्पलाञ्जनम् । नागकेशरसंयुक्तमशेषतिमिरापहम् ।।९७।।

97. *Patra*, *gairika*, *karpūra*, *yaṣṭimadhu*, *nīlotpala*, *añjana* and *nāgakeśara* should be mixed together. Use of this preparation as *añjana* cures all types of *timira*.

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शङ्खाद्यञ्जनं द्वितीयम्–

शङ्खस्य भागाश्चत्वारस्ततोऽर्द्धेन मनःशिला । मनःशिलार्द्धं मरिचं मरिचार्द्धेन पिप्पली ।।९८।।
वारिणा मिमिरं हन्ति अर्बुदं हन्ति मस्तुना । पिच्चिटं मधुना हन्ति स्त्रीक्षीरेण तदुत्तमम् ।।९९।।

98-99. Śankhādyañjanam (Second Recipe):

Ingredients: *Śankhanābhi*, *manahśilā*, black pepper, pepper and water.

Process of Drug-Making: Obtain *śankhanābhi* measuring four parts, *manahśilā* measuring two parts, black pepper measuring 1 part and pepper measuring half part. Prepare a fine and smooth powder out of them and compound them along with water. Prepare elongated pills.

Method of use/ Administration and Therapeutic benefits: These pills should be applied as an *añjana* with water in cases of *timira*, with water of yoghurt in cases of *arbuda* and with honey in treatment of *picciṭa* (pterygium). If this *añjana* is prepared with woman's milk (instead of water) it becomes even more effective.

हरिद्रादिवर्त्तिः–

हरिद्रा निम्बपत्राणि पिप्पल्यो मरिचानि च । भद्रमुस्तं विडङ्गानि सप्तमं विश्वभेषजम् ।।१००।।
गोमूत्रेण गुडी कार्याछागमूत्रेणचाञ्जनात् । ज्वरांश्च निखिलान् हन्ति भूतावेशं तथैव च ।।१०१।।
वारिणा तिमिरं हन्ति मधुना पटलं तथा । नक्तान्ध्यं भृङ्गराजेन नारीस्तन्येन पुष्पकम् ।।
शिशिरेण परिस्रावमर्बुदं पिच्चिटं तथा ।।१०२।।

100-102. Haridrādi Varttī:

Ingredients: *Haridrā*, *nimba* leaves, pepper, black pepper, *mustā*, *vāyaviḍanga*, dried ginger and cow urine.

Process of Drug-Making: Triturate together *haridrā*, *nimba* leaves, pepper, black pepper, *mustā*, *vāyaviḍanga* and dried ginger along with cow urine. Prepare elongated pills out of it. These pills should be applied as an *añjana* along with goat's urine.

Method of use/ Administration and Therapeutic benefits: It checks all types of fever and seizure by malevolent celestial elements. If the wick is applied with water it checks *timira*. If applied with honey it checks *paṭala*. If applied with juice of *bhṛingarāja* it checks nightblindness. Likewise, if applied with woman's milk it checks swelling of the eyes, if applied with dew-water it checks excessive tearing, *arbuda* and *picciṭa*.

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भूमौ निघृष्ट्याऽङ्गुल्याऽञ्जनं संशमनं तयोः । तिमिरकाचार्महरं धूमिकायश्च नाशनम् ।।१०३।।

103. One should rub one's finger on a playground, use the dust thus obtained to apply as an *añjana*. It checks *timira*, *kāca*, *arma* and blurred vision.

त्रिफलाभृङ्गमहौषधमध्वाज्यच्छागपयसिगोमूत्रे । नागंसप्तनिषिक्तंकरोतिगरुडोपमं चक्षुः ।।१०४।।

104. Charge the purified *nāga* for seven consecutive times using the following juices separately: decoction of *tṛiphalā*, juice of *bhṛingarāja*, juice of ginger or decoction of dried ginger, honey, *ghṛitam*, goat's milk and cow's urine. Make sticks out of the preparation. Any type of *añjana* applied in cases of eye diseases should be used through these sticks. One can even rub these sticks on a stone along with water, thus obtain a *kalka* like substance and apply the same as an *añjana*. Any of the above measure makes the user as having a powerful vision like that of celestial bird *garuḍa*.

त्रिफलसलिलयोगे भृङ्गराजद्रवे च हविषि सविषकल्के क्षीर आज्ये मधूग्रे ।
प्रतिदिनमथ तप्ते सप्तधा सीसमेकंप्रणिहितमथ पश्चात् कारयेत्तच्छलाकाम् ।।१०५।।
सवितुरुदयकाले साञ्जना व्यञ्जना वा करकरिकसमेतानर्मपैच्चिट्यरोगान् ।
असितसितसमुत्थान् सन्धिवर्त्माभिजातान् हरित नयनरोगान् सेव्यमाना शलाका ।।१०६।।

105-106. Lead should be melted and immersed for seven consecutive terms into each of the decoctions of *tṛiphalā* herbs, juice of *bhṛingarāja*, *ghṛitam*, *kalka* of *viṣa*, goat's milk, honey (or decoction of *yaṣṭimadhu*) (300 ml. each) and *kalka* of *vacā* (500 ml.). Thereafter, a *ślakā* (rod) should be prepared out of this lead. At the time of sun –rise, this *ślakā* should be rubbed inside the eye-lids lids with *añjana* or without *añjana*.It cures *arma* and *paicçiṭya* associated with the feeling of *karakarika* (as if sand particles are inside), It also cures diseases located in the black portion (cornea), white portion (sclera), *sandhi* (joints) as well as *vartīma* (lids) of the eyes.

चिञ्चापत्ररसं निधाय विमले चौदुम्बरे भाजने मूलं तत्र निघृष्यसैन्धवयुतंगौञ्जं विशोष्यातपे ।
तच्चूर्णंविमलाञ्जनेनसहितंनेत्रामयेशस्यतेकाचार्मार्जुनपिच्चटे सतिमिरे स्रावं चनिर्णाशयेत् ।।१०७।।

107. Collect 24 gm. measure juice of tamarind's leaves in a clean copper jar. Sprinkle rock salt measuring 1 gm. and subsequently ground root of *guñjā* until it becomes a *kalka*. Dry the same under sun and add same quantity of white collyrium into it. This is one of the best *netrāñjana*. Performing *añjana* with this

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drug daily helps in alleviating disorders like *kāca*, *arma*, *arjun*, *picciṭa*, *timira* and *netrasrāva*.

चित्राषष्ठीयोगेसैन्धवममलंविचूर्ण्यतेनाक्षि । सममञ्जयतस्तिमिरंगच्छति वर्षादसाध्यमपि ।।१०८।।

108. Finely pulverize rock salt on the auspicious day under the constellation of *Citrā*. Use the compound regularly as an *añjana* for one year to get relief even from incurable cases of *timira*.

दद्यादुशीरनिर्यूहे चूर्णितं कणसैन्धवम् । तत्स्रुतं सघृतं भूयः पचेत्क्षौद्रं क्षिपेद् घने ।।
शीते तस्मिन् हितमिदं सर्वजे तिमिरेऽञ्जनम् ।।१०९।।

109. Take *uśīra* measuring 93 gm. and decoct it along with water measuring 1500 ml. Boil the preparation till one sixteenth of the original amount. Treat the decoction with pepper powder and powder of rock salt each measuring 6 gm. and cow *ghṛitam* measuring 12 gm. Cook the preparation again till it becomes a bit thick. Add 12 gm. measure of honey to it. Apply the preparation as *añjana*. This is the best *añjana* to check *timira*.

धात्रीरसाञ्जनक्षौद्रसर्पिर्भिस्तु रसक्रिया । पित्तानिलाक्षरोगघ्नी तैमिर्यपटलापहा ।।११०।।

110. Take juice or decoction of *āmalakī* measuring 93 gm., 5 gm. each of *rasāñjana* and *ghṛitam*. Cook the preparation till it gets a shape of confection. Add 5 gm. of honey to it. This preparation is used as an *añjana*. It eliminates eye diseases caused due to *vāta* problem, *timira* as well as *pāṭala* (swelling in the layers of eyes).

शृङ्गवेरं भृङ्गराजं यष्टीतैलेन मिश्रितम् । नस्यमेतेन दातव्यं महापटलनाशनम् ।।१११।।

111. Administration of *nasya* (inhalation) therapy with *śṛīngavera* (*śunṭhī*) 125 gm.), *bhṛingarāja* (4 litres) and *yaṣṭimadhu* (125 gm.) mixed with *mūrcchita* oil cures (1 litre) serious type of *paṭala*.

लिङ्गनाशचिकित्सा–

लिङ्गनाशे कफोद्भूते यथावद्विधिपूर्वकम् । विद्ध्वा दैवकृते छिद्रे नेत्रं स्तन्येन पूरयेत् ।।११२।।
ततो दृष्टेषु रूपेषु शलाकामाहरेच्छनैः । नयनं सर्पिषाऽभ्यज्य वस्त्रपट्टेन वेष्टयेत् ।।११३।।
ततो गृहे निराबाधे शयीतोत्तान एव च । उद्गारकासक्षवथुष्ठीवनोत्कम्पनानि च ।।११४।।
तत्कालं नाचरेदूर्ध्वं यन्त्रणा स्नेहपीतवत् । त्र्यहात् त्र्यहाद्धारयेत्तु कषायैरनिलापहैः ।।११५।।
वायोर्भयात् त्र्यहादूर्ध्वं स्वेदयेदक्षि पूर्ववत् । दशरात्रं तु संयम्य हितं दृष्टिप्रसादनम् ।।११६।।

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पश्चात्कर्मच सेवेत लध्वन्नं चापि मात्रया । रागश्चोषोऽर्बुदं शोथो बुद्बुदं केकराक्षिता ।।११७।।
अधिमन्थादयश्चान्ये रोगाः स्युर्दुष्टवेधजा । अहिताचारतो वाऽपि यथास्वं तानुपाचरेत् ।।११८।।

112-118. Treatment of Linganāsā:

Treatment of *linganāśa* caused due to *kapha*: First pierce a sharp needle into the natural hole in the eyes in the *apanga* region situated between the black and white cornia of the eye. The natural hole should be filled in with woman's milk. After a little time, when vision is regained by the patient the needle should be removed out and the eye should be bandaged with cotton strips coated with *ghṛitam*. Following that, the patient should be lied down on a soft bed in a room that is free from sun, dust and swift wind. Before this operation as well as upto two three days after that, the patient should not sneeze, remove *kapha* and take up likewise actions that agitate the body. The rules and eatables prescribed in cases of *sneha pitta* should be followed in the present case also. On every third day the bandage of the patient should be removed and his eye should be washed gently with decoction of herbs that contain anti-*vāta* properties. Following the washing, the eye should be fomented with light piece of cotton. The patient should be treated in this manner for ten days. After that he should take up the *añjana*s which clears the vision. In meals he should take light drinks and edibles. The surgery referred above should be taken by a qualified surgeon only. If surgery is not done properly the eyes can get problems like *rāga*, *coṣa* (a feeling as if parched by a strong heat), *arbuda*, *śotha*, *budabuda* (bubble like growth), slanted vision (*vakra dṛiṣṭi*), *adhimanta* and the like. Likewise, taking harmful meals and measures during the period can also cause troubles. If these problems occur they should be treated immediately.

चक्षुषि रुजायां रागे व चिकित्सा–

रुजायामक्षिरागे वा भूयो योगान्निबोध मे । कल्किताः सघृता दूर्वायवगैरिकशारिवाः ।।
सुखालेपे प्रयोक्तव्या रुजारागोपशान्तये ।।११९।।

119. The medicines which are used to cure the pain and redness of eyes caused in all the eye problems are detailed once again. Take *kalka* of fresh *dūrvā* grass, *yava* powder, *svarṇa gairika* and *anantamūla*. Cook this *kalka* along with cow milk. When the preparation is still warm, apply the same as a *kalka* around external parts of the eyes. It checks redness of the eyes and its pain.

पयस्याशारिवापत्रमञ्जिष्ठामधुकैरपि । अजाक्षीरान्वितैर्लेपः सुखोष्णः पथ्य उच्यते ।।१२०।।

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120. The redness of eyes and pain is removed by coating of *kṣīrkākolī*, *anantamūla*, cassia leaves, *manjiṣṭhā* and *madhuyaṣṭī*. The *kalka* should be applied when it is lukewarm.

वातघ्नसिद्धे पयसि सिद्धं सर्पिश्चतुर्गुणे । काकोल्यादिप्रतीवापं तद् युञ्ज्यात्सर्वकर्मसु ।।१२१।।

121. Prepare medicinal milk (4 litres) by decocting it with *kalka* (250 gm.) of herbs containing anti-*vāta* properties. Prepare medicated *ghṛitam* (1 kg.) treated with *kākolyādi* herbs (measuring 250 gm. in combination). Application of this medicated milk and *ghṛitam* through nasal intake, drink and ointment is helpful in eye diseases.

शाम्यत्येवं न चेच्छूलंस्निग्धस्विन्नस्य मोक्षयेत् । ततःशिरांदहेच्चपिमतिमान् कीर्त्तितं यथा ।।१२२।।

122. If the eye pains are not relieved by the above measures the patient should drink oily substances. His forehead should be fomented and subsequently blood letting should be performed there by cutting veins in that region. After that cauterize the cut. Following that one should use *añjana* called *driṣṭiprasādaka* and the like.

दृष्टेरथ प्रसादार्थमञ्जनं शृणु में शुभे । मेषशृङ्गस्य पुष्पाणि शिरीषधवयोरपि ।।१२३।।
मालत्याश्चापि पुष्पाणि मुक्तावैदूर्यमेव च । अजाक्षीरेण सम्पिष्य ताम्रे सप्ताहमावपेत् ।।१२४।।
प्रविधाय तु तद्वर्त्तीर्योजयेदञ्जने भिषक् ।।१२५।।

123-125. Take in equal parts *messaśṛīngī*, *śirīṣa*, *dhāva* and jasmine (their flowers or leaves), pearls and *vaidurya*. First prepare a *kalka* out of the pearls and *vaidurya* by processing them through a pastle with goat's milk. Add the above ingredients to it and triturate the preparation again along with goat's milk for seven consecutive days. Finally make elongated pills out of the preparation and dry them. These pills should be rubbed with water and the material thus obtained should be used as *añjana*.

स्रोतोजं विद्रुमं फेनं सागरस्य मनःशिला । मरिचानि च तां वर्त्तिं कारयेद्वाऽपि पूर्ववत् ।।१२६।।

126. Take *srotoañjana*, *vidruma*, *phena*, *manahśilā* and black pepper and triturate them in a copper mortar along with goat's milk for seven consecutive days. Finally make elongated pills out of the preparation and dry them. These pills should be rubbed with water and the material thus obtained should be used as *añjana*. It cures all types of eye problems.

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रसाञ्जनघृतक्षौद्रतालीशं स्वर्णगैरिकम् । गोशकृद्रससंयुक्तं पित्तोपहतदृष्टये ।।१२७।।

127. Triturate along with *gomaya Svarasa* (watery substance of cow's dropping), *rasāñjana*, cow *ghṛitam*, honey, *tāliśapatra* and *svarṇa gairika* together. Using this preparation as an *añjana* checks eye diseases caused due to *pitta* problems.

नलिनोत्पलकिञ्जल्कं गोशकृद्रससंयुतम् । गुडिकाञ्जनमेतत् स्याद् दिनरात्र्यन्धयोर्हितम् ।।१२८।।

128. Take in equal parts the pollens of white lotus as well as blue lotus. Triturate it along with *gomaya svarasa* and prepare elongated pills out of the preparation. These pills should be used as *añjana* to check day blindness as well as night blindness.

नदीजशङ्खत्रिकटून्यथाञ्जनंमनःशिलाद्वे च निशे गवां शकृत् ।
सचन्दनेयं गुडिकाऽथवाऽञ्जनंप्रशस्यते रात्रिदिनेष्वपश्यताम् ।।१२९।।

129. Prepare elongated pills out of rock salt, *śankhanābhi*, *tṛikaṭu* herbs, *rasāñjana*, *manahśilā*, *haridrā*, *dāru haridrā*, powder of cow dung and red sandalwood. Prepare pills out of them. Using these elongated pills or even powders of the above compound as *añjana* checks night blindness as well as day blindness.

कणा छागयकृन्मध्ये पक्त्वातद्रसपेषिता । अचिराद्धन्ति नक्तान्ध्यं तद्वत् सक्षौद्रमूषणम् ।।१३०।।

130. Cut out the liver of a goat and fill in it powders of pepper or black pepper measuring 120 gm. Cook the preparation for three hours and triturate the cooked pepper along with water left in the cooking pan. Make elongated pills out of the preparation and dry them. Using these pills along with honey for *añjana* and taking the fomented liver checks night blindness.

पचेत्तु गौधं हि यकृत्प्रकल्पितं सूपूरितं मागधिकाभिरम्बुना ।
निषेधितं तद्यकृदञ्जनेन निहन्ति नक्तान्ध्यमसंशयं खलु ।।१३१।।

131. Liver of *godha* should be cut out, *pippalī* should be kept inside in as much quantity as possible. Boil this liver with water till it becomes soft. Churn the *pippalī* obtained from the preparation along with the remaining water and made *varttī* out of the preparation. Use of this *varttī* as *añjana*, and intake of the boiled liver certainly cure *naktāndhya* (night blindness).

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दध्ना निघृष्टं मरिचं रात्र्यान्ध्याञ्जनमुत्तमम् । ताम्बूलयुक्तं खद्योतभक्षणं च तदर्थकृत् ।।१३२।।

132. Triturate powder of black pepper along with curd into fine powder. Application of this preparation as *añjana* or taking betel packs containing glow warm controls night blindness.

शफरीमत्स्यक्षारो नक्तान्ध्यमञ्जनाद्विनिहन्ति । तद्वद्रामठटङ्कणकर्णमलं चेकैकशो मधुना ।।१३३।।

133. Cook the *śapharī* fish using *antardhūma* method and prepare an *añjana* out of it. Process asafoetida, borax and *karṇamala* (any one of them) with honey and prepare an *añjana* out of it. Application of these *añjana*s checks night blindness.

केशराजान्वितंसिद्धंमत्स्याण्डंहन्तिभक्षितम् । नक्तान्ध्यंनियतंनृणां सप्ताहात्पथ्यसेविनाम् ।।१३४।।

134. Cook the eggs of fishes along with juice of black *bhṛingarāja* and take it regularly for one week. It checks night blindness.

अर्मचिकित्सा–

अर्म तु च्छेदनीयंस्यात्कृष्णप्राप्तं भवेद्यदा । बडिशविद्धं समुन्नम्य त्रिभागं चात्र वर्जयेत् ।।१३५।।

135. When the ailing spot reaches up to black cornea the *arma* should be lifted a bit up with use of needle point. It should be cut with *manḍalāgra śastra* after piercing it with *baḍiśyañtra*. While doing so the surgeon should avoid the third layer of black cornea (i.e. *kaninīka*).

पिप्पली त्रिफला लाक्षा लौहचूर्णं ससैन्धवम् । भृङ्गराजरसे पिष्टं गुडिकाञ्जनमिष्यते ।।१३६।।
अर्म सतिमिरं काचं कण्डूं शुक्रं तदर्जुनम् । अजकां नेत्ररोगांश्च हन्यान्निरवशेषतः ।।१३७।।

136-137. Treatment of Arma:

Pippalī, *tṛiphalā* herbs, *drākṣā*, *lauha bhasma* and rock-salt should be triturated with the juice of *bhṛingarāja* and made to *guṭikā* (pills). Use of this *guṭikā* as *añjana* roots out *arma*, *timira*, *kāca*, *kanḍu*, *śukra*, *arjuna*, *ajakā* and other eye-diseases.

पुष्पाख्यताक्ष्यजसितोदधिफेनशङ्खसिन्धूत्थगैरिकशिलामरिचैःसमांशैः।
पिष्टैस्तु माक्षिकरसेन रसक्रियेयं हन्त्यर्मकाचतिमिरार्जुनवर्त्मरोगान् ।।१३८।।

138. Take powders of *puṣpāñjana*, *rasāñjana*, jaggery, *phenaka*, *śankhanābhi*, rock salt, *gairika*, *manahśilā* and black pepper. Dissolve them together into honey

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and triturate the solution for one whole day. Application of this preparation as an *añjana* checks *arma*, *kāca*, *timira*, *arjuna* and *vartamaroga* (diseases of eyelids).

शुक्तिकाचिकित्सा–

कौम्भस्य सर्पिषः पानैर्विरेकालेपसेचनैः । स्वादुशीतैः प्रशमयेच्छुक्तिकामञ्जनैस्ततः ।।१३९।।

139. Treatment of Śuktika:

The patient of *Śuktika* first of all drink ten year old *ghṛitam*. It should be followed *virecana* (purgation), ointments, *pariṣecana* (washing with lukewarm liquid) and application of *añjana* of tasteful and smooth herbs.

प्रवालमुक्तावैदूर्यशङ्खस्फटिकचन्दनम् । सुवर्णरजतक्षौद्रमञ्जनं शुक्तिकापहम् ।।१४०।।

140. Take *pravāla*, *muktā*, *vaidurya*, *śankhanābhi*, alum, *rakta candana*, *bhasma* of *svarṇa* and *rajata* and triturate them along with honey. Prepare elongated pills out of the preparation and dry them. Application of this preparation by rubbing it along with rose water checks the disease called *Śuktika*.

अर्जुनचिकित्सा–

शङ्खः क्षौद्रेण संयुक्तः कतकः सैन्धवेन वा । सितायाऽर्णवफेनो वा पृथगञ्जनमर्जुने ।।१४१।।

141. Treatment of Arjuna:

Obtain fine powder of the *śankhanābhi* and treat it with honey. Optionally, obtain powder of *nirmali phala* and treat it with rock salt or take jaggery and compound it along with *phenaka*. Application of any of the above preparation as *añjana* checks *arjuna*.

पैत्तंविधिमशेषेण कुर्यादर्जुनशान्तये ।।१४२।।

142. To check *arjuna* disease one should take up the treatment to pacify aggravated *pitta*.

पिष्टकचिकित्सा–

वैदेहीश्वेतमरिचं सैन्धवं नागरं समम् । मातुलुङ्गरसैः पिष्टमञ्जनं पिष्टकापहम् ।।१४३।।

143. Treatment of *Piṣṭaka*: Equal quantities of *vaidehī* (*pippalī*), *śveta marica* and *śunṭhī* should be triturated by adding to them the juice of *mātulunga*. Use of this recipe as *añjana* (collyrium) cures *piṣṭaka*.

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उपनाहचिकित्सा–

भित्त्वोपनाहं कफजं पिप्पलीमधुसैन्धवैः । विलिखेन्मण्डलाग्रेण प्रच्छयेद्वा समन्ततः ।।१४४।।

144. Treatment of *Upānāha*: The *upanāha* caused by aggravated *kapha* should be treated through surgery. Following that one should gently rub over it a preparation made of pepper powder, honey and rock salt.

पथ्याऽक्षधात्रीफलमध्यबीजैस्त्रिद्व्येकभागैर्विदधीतवर्त्तिम् ।
तयाऽञ्जयेदस्त्रमतिप्रगाढमक्ष्णोहरित् कोपमपि प्रवृद्धम् ।।१४५।।

145. Take seed pulp of *haraḍa* (three parts), seed pulp of *vibhītika* (two parts) and *āmalakī* (1 part). Compound them together and make elongated pills out of it. Application of this preparation as *añjana* checks excessive tearing, redness of eyes and other difficult eye diseases.

चक्षुःस्रावचिकित्सा–

स्रवेषु त्रिफलाक्वाथं यथादोषं प्रयोजयेत् । क्षौद्रेणाज्येन पिप्पल्या मिश्रं विध्येच्छिरां तथा ।।१४६।।

146. Treatment of *Cakṣusrāva*: Cases of this ailment should be treated with *tṛiphalā* decoction along with *anupāna* as per the vitiated *doṣas* in context. In cases of *netrasrāva* due to *vāta*, the decoction of *tṛiphalā* should be taken with honey. In cases of *netrasrāva* due to *pitta*, the decoction of *tṛiphalā* should be taken with *ghṛitam*. Similarly, in cases of *netrasrāva* due to *śleṣma*, the decoction of *tṛiphalā* should be taken with pepper powder. Even after these treatments the discharge is not controlled one should have the blood letting by cutting veins.

त्रिफलातुत्थकाशीशसैन्धवैःसरसाञ्जनैः। रसक्रिया क्रिमिग्रन्थौ भिन्ने स्यात्प्रतिसारणम् ।।१४७।।

147. Take *tṛiphalā* herbs (187 gm. in combination) and decoct them along with water (750 ml.) till the original quantity is reduced to one fourth. Add to the decoction *tuttha*, *puṣpakaśīśa*, rock salt and *rasāñjana* (all in fine powders measuring 20 gm. each). Cook the preparation till it gets consolidated. Apply it over the worm infected tumour (*kṛimigranthi*). When it gets discoloured use the preparation for gently rubbing the ailing portion.

अञ्जननामिकाचिकित्सा–

स्वित्रांभित्त्वाविनिष्पीड्यभिन्नामञ्जननामिकाम्। शिलैलानतसिन्धूत्थैःसक्षौद्रैःप्रतिसारयेत् ।।१४८।।

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148. Treatment of Añjananāmika (sty or style):

First of all the eyes should be fomented and softened. Pierce it and remove out the contaminated liquids therein gently. Following that one should rub the ailing portion gently with fine powder of *manahśilā*, smaller cardamom, *tagara* and rock salt.

रसाञ्जनमधुभ्यां च भिन्नां वा शस्त्रकर्मवित् । प्रतिसार्याञ्जनैर्युञ्जयादुष्णैर्दीपशिखोद्भवैः ।।१४९।।
स्वेदयेद् घृष्टयाऽङ्गुल्या हरेद्रक्तं जलौकसा ।।१५०।।

149-150. Piercing of *añjananāmika* should be done by a qualified surgeon. Gently rub over it mix of *rasanjan* and honey. Following that one should apply *kajjalī* that has been prepared with flame of a lamp containing sesame oil and that is lukewarm. One should rub one's fingers and thus warm up them. The fingers thus warmed should be kept over the indisposed eyes. Repeat this process frequently. Optionally, one could also administer the blood letting therapy using leeches.

रोचनाक्षारतुत्थानि पिप्पल्यः क्षौद्रमेव च । प्रतिसारणमेकैकं भिन्ने लगण इष्यते ।।१५१।।

151. Get powders of *gorocana*, *yavakṣāra*, *tuttha* and *pippalī* and triturate them along with honey. This preparation should be used in gently rubbing the wounds of eyes caused by himself or by an enemy.

निमेषचिकित्सा (च. द.)–

निमेषे नासया पेयं सर्पिस्तेन च पूरणम् ।।१५२।।

152. Treatment of Nimeṣ:

The patient should take nasal application of cow *ghṛita*. The same should be used in ointmenting the eyes. If the *viṣagranthi* of eyes has swollen up it should be removed surgically. The pit should be cleared up and filled in with sprinkling of rock salt powder.

(Cakradatt)

स्वेदयित्वा बिसग्रन्थिं छिद्राण्यस्यनिराश्रयम् । पक्वंभित्तवातुशस्त्रेण सैन्धवेनावचूर्णयेत् ।।१५३।।

153. When the *viṣa granthi* (tumour) gets ripened it should be fomented and subsequently removed out by an instrument. The pores of the tumour should also be cleaned up. The open pit should be treated with powder of rock salt.

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बर्त्मावलेखं बहुशस्तद्वच्छोणितमोक्षणम् । पुनः पुनर्विरेकं च पिल्लरोगातुरो भजेत् ।।१५४।।

154. In treatment of *pilla* (bleared eye), the eyelids should be rubbed with thorny leaves of plants like *śākhodaka* and thus have a blood letting. If the patient have loose motions during the period, it is beneficial for him.

पिल्ली स्निग्धो वमेत्पूर्वं शिरावेधस्त्रुतेऽसृजि । शिलारसाञ्जनव्योषगोपित्तैश्चक्षुरञ्जयेत् ।।१५५।।

155. In treatment of *pilla* (bleared eye), the *snehan* therapy should be applied first. Following that, the patient should be made to vomit. Thereafter, the veins of temple should be cut to release the contaminated blood. Thereafter, application of the *añjana* prepared out of *manahśilā*, *rasāñjana*, dried ginger, black pepper, pepper and *gorocana* should be done.

हरितालवचादारुसुरसारसपेषितम् । अभयारसपिष्टं वा तगरं पिल्लनाशनम् ।।१५६।।

156. Take powders of *haritāla*, *vacā* and *devadāru* and decoct them with juice of plant *tulasī*. Optionally, one could use decoction of *haraḍa*, triturate ed along with powder of *tagara*. Both of these measures control the *pilla* disease.

पिल्लघ्नो धूपः (च. द.)–

भावितं बस्तमूत्रेण सस्नेहं देवदारु च । काकमाचीफलैकेन घृतयुक्तेन बुद्धिमान् ।।
धूपयेत् पिल्लरोगार्त्तं पतन्ति क्रिमयोऽचिरात् ।।१५७।।

157. Pillaghano Dhūpa:

Ingredients: *Ghṛitam*, *devadāru* and goat's urine. (Alternatively, *kākamācī* fruits and cow *ghṛitam*).

Process of Drug-Making: Mix *ghṛitam* with powder of *devadāru*. Triturate the mix along with goat's urine.

Method of use/Administration: This preparation should be used in gently rubbing the eyes. Optionally, smoke (*dhūpan*) therapy using *kākamācī* fruits treated with cow *ghṛitam* should be performed.

Therapeutic benefits: By doing this, the worms of *pilla* (bleared eye) get killed and they come out immediately.

(Cakradatt)

पक्ष्मशातरोगचिकित्सा (च. द.)–

रसाञ्जनं सर्जरसो जातीपुष्पं मनःशिला । समुद्रफेनो लवणं गैरिकं मरिचानि च ।।१५८।।

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एतत्समांशं मधुना पिष्टं प्रक्लिन्नवर्त्मनि । अञ्जनं क्लेदकण्डूघ्नं पक्ष्मणाञ्च प्ररोहणम् ।।१५९।।

158-159.Treatment of Pakṣamaśāta Roga:

Take powders of *rasāñjana*, *sarja rasa*, jasmine flowers, *manahśilā*, *phenaka*, rock salt, *svarṇa gairika*, black pepper and triturate them along with honey. Apply the resultant on *praklinna* (indisposed) *vartama* (eyelids). The measure would alleviate disorders like *kleda* (moisture) and *kanḍu* (itching) around eyes and rejuvenate new eyelids.

(Cakradatt)

मस्तकास्थि चुलुक्यास्तु तुषोदलवणान्वितम् । ताम्रपात्रेऽञ्जवद्घृष्टं पिल्ले प्रक्लिन्नवर्त्मनि ।।१६०।।

160. Get the bones (of head) of the *culuki* fish. Triturate these bones along with *kānji* and rock salt in a copperware. Use the compound for *añjana* to get relief from *praklinna vartama* (excess of lachrymal discharge) accompanied with *pilla* (bleared eye).

ताम्रपात्रे गुहामूलं सिन्धूत्थं मरिचान्वितम् । आरनालेन संघृष्टमञ्जनं पिल्लनाशनम् ।।१६१।।

161. Take powders of *pṛiṣṭhaparṇī* (root), rock salt, black pepper and triturate them in a copperware for one whole day. Use the compound thus obtained as *añjana* to get relief from *pilla* (bleared eye) disease.

हरिद्रे त्रिफला लोध्रं मधुकं रक्तचन्दनम् । भृङ्गराजरसे पिष्ट्वा घर्षयेल्लोहभाजने ।।१६२।।
तथा ताम्रे च सप्ताहं कृत्वा वर्तिं रजोऽथवा । पिच्चिटी धूमदर्शी च तिमिरोपहतेक्षणः ।।
प्रतिनिश्यञ्जयेन्नित्यं सर्वनेत्रामयापहम् ।।१६३।।

162-163. Gather powders of *haridrā*, *dāru haridrā*, *triphalā*, *lodhra*, *madhuyaṣṭī* and red sandalwood in an iron mortar. Triturate the mix with an iron rod along with juice of *bhṛingarāja* for seven days. Subsequently, on the eighth day, transform the compound to a copper mortar and triturate it further using a copper rod. Continue this process for another seven days. After the seven days of triturate ing, prepare elongated pills out of the compound and use them as *añjana*. This measure is capable of checking *picciṭa*, blurred vision (*dhūma dṛiṣṭi*), *timira* and all eye diseases.

चूर्णाञ्जनम्

मञ्जिष्ठामधुकोत्पलोदधिकफत्वक्सेव्यगोरोचना मांसीचन्दनशङ्खपत्रगिरिमृत्तालीशपुष्पाञ्जनैः ।
सर्वैरेवसमांशमञ्जनमिदंशस्तंसदाचक्षुषोः कण्डूक्लेदमालाश्रुशोणितरुजापिल्लार्मशुक्रापहम् ।।१६४।।

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164. Cūrṇāñjanam:

Ingredients: Powders of *manjiṣṭhā*, *madhuyaṣṭī*, *nīlotpala*, *phenaka*, cinnamon bark, *uśīra*, *gorocana*, *jaṭāmānsī*, red sandalwood, *śankhanābhi*, cassia leaves, *svarṇa gairik*, *tāliśapatra*, *puṣpakāśiś* and *rasāñjana*.

Process of Drug-Making: Take fine powders of *manjiṣṭhā*, *madhuyaṣṭī*, *nīlotpala*, *phenaka*, cinnamon bark, *uśīra*, *gorocana*, *jaṭāmānsī*, red sandalwood, *śankhanābhi*, cassia leaves, *svarṇa gairik*, *tāliśapatra*, *puṣpakāśiś* and *rasāñjana*.

Method of use/Administration: Use it for *añjana*.

Therapeutic benefits: Performing *añjana* with this powder is very much beneficial for the eyes. It also checks diseases like *kanḍu*, *kleda*, *netramala* (mud), tearing, *raktasrāva*, eye pain, *pilla* (bleared eye), *arma* and *śukra* related indispositions.

तुत्थकस्यपलंष्ठवेतमरिचानिचविंष्ठतिः। त्रिंष्ठताकांजिकपलैःपिष्ट्वाताम्रेनिधापयेत ।।१६५।।
पिल्लानपिल्लान् कुरुते बहुवर्षोत्थितानपि । तत्सेकेनोपदेहाश्रुकण्डूशोथांश्च नाशयेत् ।।१६६।।

165-166. Get 46 gm. of *tuttha* and twenty seeds of *śveta marica*. Triturate them by adding to them 14 litre of *kānjika* and keep the preparation in a copper vessel. Sprinkling of this recipe over eyes cures even years old cases of *pilla*, *upāṭha* (stickiness), tearing, itching and edema.

उपपक्ष्मचिकित्सा (च. द.)–

याप्यः पक्ष्मोपरोधश्च रोमोद्धरणलक्षणैः । वर्त्मन्युपचिते लेख्यंस्राव्यमुत्क्लिष्टशोणितम् ।।१६७।।

167. Treatment of Upapakṣama:

Disease known as *upapakṣma* (appearance of additional eye-lashes) is removable as these eyelashes appear again after their depletion. If the eye-lid gets swollen, it should be scraped and the vitiated blood should be removed by blood-letting.

(Cakradatt)

प्रवृद्धान्तर्मुखं रोम सहिष्णोरुद्धरेच्छनैः । सन्दंशोनोद्धरेद् दृष्ट्यां पक्ष्मरोमाणि बुद्धिमान् ।।१६८।।
रक्षन्नक्षि दहेत्पक्ष्म तप्तहेमशलाकया । पक्ष्मरोगे पुनर्नैवं कदाचिद्रोमसंभव ।।१६९।।

168-169. If the eye-lashes are of excessive length and if they are inverted, then with the help of forceps, these lashes should be uprooted very carefully provided the patient can tolerate the pain. In *pakṣma roga*, the eyelashes should be

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cauterized with the help of a heated golden needle (rod) carefully, taking adequate care not to hurt the eyes. This medication does not allow the extra eye lashes to grow again. By the administration of this therapy, there would be no further growth of eyelashes.

घृतसैन्धवचूर्णेन कफानाहं पुनः पुनः । विलिखेन्मण्डलाग्रेण प्रच्छयेद्वा समन्ततः ।।१७०।।

170. In cases of *kapha* generated *ānāha* disease, one should apply powder of rock salt mixed *ghṛita*. Also, one should fill in the wound or rub it around eyes using a *manḍalāgra śastra*.

पटोलामलकक्वाथैराश्चयोतनविधिर्हितः । फणिज्झकरसोनस्य रसैः पोथकिनाशनः ।।१७१।।

171. The disease *pothakī* (trachoma) is cured by application into eyes *kalka* of garlic pearls or juice of *tulasī* leaves or juice of *paṭola* leaves or decoction *āmalakī*.

आनाहपिडकां स्विन्नां तिर्यग् भित्त्वाऽग्निना दहेत् ।।१७२।।

172. The sore of *ānāhapiḍika* should be operated upon using a slanted surgery. After that, it should be burnt out with hot needles.

अर्शस्तथावर्त्म नाम्ना शुष्काशोंऽर्बुदमेव च । मण्डलाग्रेणतीक्ष्णेनमूलेछिन्द्याद् भिषक् शनैः ।।१७३।।

173. The following diseases should be operated upon by expert surgeons only (who would remove out the sore): *netrarśa* (unwanted growth at the eyes), disease of *netravartma* or *arśovartma* (sores of eyelids), *śuṣkarṣa* and *vartamarbuda*.

सिन्धूत्थपिप्पलीकुष्ठपर्णिनीत्रिफलारसैः । सुरामण्डेन वर्त्तिः स्याच्छलेष्माभिष्यन्दनाशिनी ।।
पोथकीवर्त्मोपरोधक्रिमिग्रन्थिकुकूणके ।।१७४।।

174. Take fine powders of rock salt, *pippalī*, *kuṣṭha*, *śālaparṇī*, *mudgaparṇī*, *priṣṭhaparṇī*, *triphalā* herbs and *rasāñjana*. Process them through triturate along with *surāmanḍa* for one whole day. Elongated pills should be prepared out of it and applied to the eyes as *añjana*. It checks conjunctivitis (caused due to *kapha*), trachoma, *vartamoaprodha* (indisposed eyelids), *kṛimigranthi* and *kukuṇaka*.

कज्जलम्–

संगृह्योपरतानलक्तकरसेनामृज्य गण्डूपदोंल्लाक्षारञ्जिततूलवर्त्तिनिहितान् यष्टीमधून्मिश्रितान् ।

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प्रज्वाल्योत्तमसर्पिषाऽनलशिखासन्तानजं
कज्जलंदूरासन्ननिशान्ध्यकाचतिमिरप्रध्वंसकृच्चोदितम् ।।१७५।।

175. Gather dead earthworms and triturate them along with juice or decoction of *lākṣā*. Take equal parts of *yaṣṭi cūrṇa* and spread it over cotton soaked in *lākṣā rasa*. Make elongated pills out of this preparation and soak it into cow *ghṛitam*. Burn it and cover it while burning to obtain smoke ashes. This smoke ash or *kajjalī* should be used to check night blindness, *durāndhya* (disturbed vision of long distance), *samīpāndhya* (disturbed vision of short distances), *kāca* and cataract.

नागार्जुनाञ्जनम्–

त्रिफलाव्योषसिन्धूत्थयष्टीतुत्थरसाञ्जनम् । प्रपौण्डरीकं जन्तुघ्नं लोध्रं ताम्रं चतुर्दश ।।१७६।।
द्रव्याण्येतानि संचूर्ण्य वर्त्तिः कार्या नभोऽम्बुना । नागार्जुनेन लिखिता स्तम्भे पाटलिपुत्रके ।।१७७।।
नाशिनी तिमिराणां च पटलानां विशेषतः । सद्यः प्रकोपं स्तन्येन स्त्रिया विजयते ध्रुवम् ।।१७८।।
किंशुकस्वरसेनाथ पिल्लपुष्पकरक्तताः । अञ्जनाल्लोध्रतोयेन चासन्नतिमिरं जयेत् ।।१७९।।
चिरमाच्छादिते नेत्रे बस्तमूत्रेण संयुता । उन्मीलयत्यकृच्छ्रेण प्रसादं चाधिगच्छति ।।१८०।।

176-180. Nāgarjuna Añjanam:

Ingredients: *Harītakī*, *vibhītakī*, *āmalakī*, *śunṭhī*, *pippalī*, *marica*, rock-salt, *yaṣṭimadhu*, *tuttha*, *rasāñjana*, *prapaunḍarīka*, *viḍanga* (*jantughna*), *lodhra*, *tāmra bhasma* and rainwater.

Process of Drug-Making: Obtain the following materials: *harītakī*, *vibhītakī*, *āmalakī*, *śunṭhī*, *pippalī*, *marica*, rock-salt, *yaṣṭimadhu*, *tuttha*, *rasāñjana*, *prapaunḍarīka*, *viḍanga* (*jantughna*), *lodhra* and *tāmra bhasma*. Compound these materials into a powder and prepare a *kalka* by grounding it with rainwater. Prepare *varttī*s out of this *kalka*. This recipe has been written by the famous physician Nāgarjuna on a pillar of Pāṭaliputra (modern Patna).

Method of use/ Administration and Therapeutic benefits: Application of this *varttī* as *añjana* cures *timira* and *paṭala*. If applied with woman's milk, it certainly cures freshly occurred *netra parkopa*; if applied with the juice of *kimśuka*, it cures *pilla* (bleared eye), *puṣpa* and redness of eyes; and if applied with the decoction of *lodhra*, it cures *āsanna timira* (*timira* in its beginning stage). If the eyelids are afflicted and had remained closed for long time, then this *varttī* should be applied with goat's urine.

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कोकिलावर्त्तिः (तिमिरे)–

व्योषायश्चूर्णसिन्धूत्थत्रिफलाऽञ्जनसंयुता । त्रिफलाजलसंपिष्टा कोकिला तिमिरापहा ।।१८१।।

181. Kokilā Varttī:

Ingredients: *Śunṭhī*, *pippalī*, *marica*, *lauha bhasma*, rock salt, *harītakī*, *vibhītakī*, *āmalakī*, *sauvirāñjana* and water.

Process of Drug-Making: Get *śunṭhī*, *pippalī*, *marica*, *lauha bhasma*, rock salt, *harītakī*, *vibhītakī*, *āmalakī* and *sauvirāñjana*. Compound these materials in water and prepare *varttī*s out of it. This is called *Kokilā Varttī*.

Therapeutic benefits: It cures *timira* effectively.

जनरञ्जनकमञ्जनम् (तिमिरादिषु)–

त्रीणि कटूनि करञ्जफलानि द्वे च निशे सहसैन्धवकं च ।
बिल्वतरोर्वरुणस्य च मूलं वारिचरं दशमं प्रवदन्ति ।।१८२।।
हन्ति तमस्तिमिरं पटलं च पिच्चिटशुक्रमथार्बुदकं च ।
अञ्जनकं जनरञ्जनकं च दृङ्न विनश्यति वर्षशतं च ।।१८३।।

182-183. Janarañjanaka Manajanam:

Ingredients: *Tṛikaṭu* herbs, *karañja* (seed pulp), *haridrā*, *dāru haridrā*, rock salt, roots of *bilva* tree, roots of *varuṇa* tree and *śankhanābhi*.

Process of Drug-Making: *Tṛikaṭu* herbs, *karañja* (seed pulp), *haridrā*, *dāru haridrā*, rock salt, roots of *bilva* tree, roots of *varuṇa* tree and *śankhanābhi*. Combine them together.

Method of use/Administration: Apply it as *añjana*.

Therapeutic benefits: It removes darkness before the vision, *timira*, *paṭala*, *picciṭa*, *śukra* and *arbuda*. If one uses this *añjana* regularly, one's vision is not disturbed for 100 long years.

सौगताञ्जनम् (च. द.)–

निशाद्वयाभयामांसीकुष्ठकृष्णाविचूर्णिताः । सर्वनेत्रामयान् हन्यादेतत् सौगतमञ्जनम् ।।१८४।।

184. Saugatāñjanam:

Ingredients: *Haridrā*, *dāru haridrā*, *haraḍa*, *jaṭāmānsī*, *kuṣṭha* and *pippalī*.

Process of Drug-Making: Prepare fine powder of *haridrā*, *dāru haridrā*, *haraḍa*, *jaṭāmānsī*, *kuṣṭha* and *pippalī*. Compound them together.

Method of use/Administration: Use the mix with honey to apply as *añjana*.

(Cakradatt)

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पिप्पल्याद्यवर्त्तिः–

पिप्पलीं सतगरोत्पलपत्रां वर्त्तयेत्समधुकां सहरिद्राम् ।
एतया सततमञ्जयितव्यं यः सुपर्णसममिच्छति चक्षुः ।।१८५।।

185. Pippalīādya Vartti:

Ingredients: *Pippalī*, *tagara*, petals of blue lotus, *yaṣṭi* and *haridrā*.

Process of Drug-Making: Prepare elongated pills by powdering *pippalī*, *tagara*, petals of blue lotus, *yaṣṭi* and *haridrā*.

Therapeutic benefits: Application of the *varttī* makes one's glance as sharp as that of a *garuḍa*, the celestial bird.

दन्तवर्त्तिः (च. द.)–

दन्तैर्हस्तिवराहोष्ट्रगवाश्वाजखरोद्भवैः । सशङ्खमौक्तिकाम्भोधिफेनैर्मरिचपोदिकैः ।।
क्षतशुक्रमपि व्याधिं दन्तवर्त्तिर्निवर्त्तयेत् ।।१८६।।

186. Danta Vartti:

Ingredients: Teeth of elephant, pig, camel, cow, horse, goat, ass, *śankhanābhi*, *muktā*, *phenaka* and black pepper.

Process of Drug-Making: Gather teeth of elephant, pig, camel, cow, horse, goat and ass along with *śankhanābhi*, *muktā* and *phenaka*. Also take powder of black pepper measuring rest of the above. Powder them thoroughly and prepare elongated pills out of the compound.

Therapeutic benefits: Application as *añjana* of this *varttī* checks the disease *varṇaśukra*.

(Cakradatt)

सुखावती वर्त्तिः–

कतकस्य फलं शङ्खं त्र्यूषणं सैन्धवं सिता । फेनो रसाञ्जनं क्षौद्रं विडङ्गानि मनःशिला ।।१८७।।
कुक्कुटाण्डकपालानि वर्त्तिरेषा व्यपोहति । तिमिरं पटलं काचमर्मशुक्रं तथैव च ।।
कण्डूक्लेदार्बुदं हन्ति मलं चाशु सुखावती ।।१८८।।

187-188. Sukhavatī Vartti:

Ingredients: Fruit of *kataka*, *śankha*, rock salt, *śunṭhī*, *pippalī*, *marica*, sugar, *phenaka*, *rasāñjana*, honey, *viḍanga*, *manahśilā* and goat's milk.

Process of Drug-Making: Obtain 12 gm. measure each of fruit of *kataka*, *śankha*, rock salt, *śunṭhī*, *pippalī*, *marica*, sugar, *phenaka*, *rasāñjana*, honey,

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viḍanga and *manahśilā*. Ground them along with goat's milk. Prepare *varttīs* out of this *kalka*.

Method of use/Administration: Apply this *kalka* as *añjana* on eyes.

Therapeutic benefits: It cures *timira*, *paṭala*, *kāca*, *arma*, *śukra* and *kanḍu*, stickiness and *arbuda* of the eyes. It also instantaneously removes the excreta from the eyes. It is called *Sukhavatī Varṭti*.

चन्द्रोदया वर्त्तिः–

हरीतकी वचा कुष्ठं पिप्पली मरिचानि च । बिभीतकस्य मज्जा च शङ्खनाभिर्मनःशिला ।।१८९।।
सर्वमेतत्समाहृत्य छागीक्षीरेण पेषयेत् । नाशयेत्तिमिरं कण्डूं पटलान्यर्बुदानि च ।।१९०।।
अधिकानि च मांसानि यच्च रात्रौ न पश्यति । अपि द्विवार्षिकं पुष्पं मासेनैकेन नश्यति ।।१९१।।
वर्त्तिश्चन्द्रोदया नाम नृणां दृष्टिप्रसादनी ।।१९२।।

189-192. Candrodaya Vartti:

Ingredients: *Harītakī*, *vacā*, *kuṣṭha*, *pippalī*, *marica*, seed-pulp of *vibhītaka*, *śankhanābhi*, *manahśilā* and goat's milk.

Process of Drug-Making: Get 12 gm. each of *harītakī*, *vacā*, *kuṣṭha*, *pippalī*, *marica*, seed-pulp of *vibhītaka*, *śankhanābhi* and *manahśilā*. Churn these materials along with goat's milk and prepare *varttīs* out of the mix.

Method of use/Administration: Use this *varttī* as *añjana* (collyrium).

Therapeutic benefits: It cures *timira* (cataract), *netra kanḍu* (itching in the eyes), diseases of *netra paṭala*, *netra arbuda*, *adhimāmsa* and night blindness. Use of this *vartti* for a month continuously cures even two years old *netra puṣpa*. This is called *Candrodaya Vartti*. It promotes the eye-sight of human beings.

चन्द्रोदया वर्त्तिः (द्वितीया)–

रसाञ्जनमथैला च कुङ्कुमं समनःशिलम् । शङ्खनाभिः शिग्रुबीजं शर्करा चात्र सप्तमी ।।१९३।।
एषा चन्द्रोदया नाम वर्तिश्चक्षुःप्रसादनी । हन्यात्पिच्छञ्च कण्डूं च तिमिरं चापकर्षति ।।१९४।।

193-194. Candrodaya Vartti (Second Recipe):

Ingredients: *Rasāñjana*, seeds of smaller cardamom, *kumkuma*, *manahśilā*, *śankhanābhi*, *śigru* (seeds), jaggery and water.

Process of Drug-Making: Take *rasāñjana*, seeds of smaller cardamom, *kumkuma*, *manahśilā*, *śankhanābhi*, *śigru* (seeds) and jaggery. Triturate them together along with water and prepare *varttiout* of it.

Method of use/Administration: These *varttīs* should be used as *añjana*.

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Therapeutic benefits: They clear vision and eliminates indisposition like discharge of contaminated liquid, itching and cataract.

हरीतक्यादिवर्त्तिः–

हरीतकी हरिद्रा च पिप्पल्यो लवणानि च । कण्डूतिमिरजिद्वर्त्तिर्न क्वचित्प्रतिहन्यते ।।१९५।।

195. Harītakyādi Vartti:

Ingredients: *Harītakī*, *haridrā*, *pippalī*, rock salt and water.

Process of Drug-Making: Take *harītakī*, *haridrā*, *pippalī* and rock salt. Triturate them together along with water and prepare *varttī* out of it.

Method of use/Administration: These *varttī*s should be used as *añjana*.

Therapeutic benefits: It eliminates itching and cataract. This *varttī* can be used in all types of eye diseases.

कुमारिकावर्त्तिः–

अशीतिस्तिलपुष्पाणि षष्टिः पिप्पलितण्डुलाः । जातीपुष्पाणि पञ्चाशन्मरिचानि च षोडश ।।
एषा कुमारिका वर्त्तिर्गतं चक्षुर्निवर्त्तयेत् ।।१९६।।

196. Kumārīka Vartti:

Ingredients: Flowers of *tila*, *pippalī taṇḍula* (seeds,), flowers of *jātī* and *marica*.

Process of Drug-Making: Gather flowers of *tila* (80 in number), *pippalī taṇḍula* (seeds, 60 in number), flowers of *jātī* (50 in number) and *marica* (16 in number). Compound them together and prepare a *kalka*. Subsequently, prepare *varttī*s out of the mix.

Therapeutic benefits: By the application of this *varttī* patient regains his lost eyesight.

दृष्टिप्रदा वर्त्तिः–

त्रिफली कुक्कुटाण्डत्वक्काशीशमयसो रजः । नीलोत्पलं विडङ्गानि फेनं च सरितां पतेः ।।१९७।।
आजेन पयसा पिष्ट्वा भावयेत्ताम्रभाजने । सप्तरात्रस्थितं भूयः पिष्टं क्षीरेण वर्त्तयेत् ।।१९८।।
एषा दृष्टिप्रदा वर्त्तिरन्धस्याभिन्नचक्षुषः ।।१९९।।

197-199. Dṛiṣṭipradā Vartti:

Ingredients: *Tṛiphalā* herbs, bark of hen eggs, *kaśīśa*, *lauha bhasma*, *nīlakamal*, *vāyaviḍanga*, *phenaka* and milk of goat.

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Process of Drug-Making: Compound into a fine powder the following: *triphalā* herbs, bark of hen eggs, *kaśīśa*, *lauha bhasma*, *nīlakamal*, *vāyaviḍanga* and *phenaka*. Compound them together along with milk of goat in a copper vessel. Allow the preparation to remain in the vessel for seven days. Churn it again with goat's milk. Prepare *varttī* out of it.

Therapeutic benefits: Use of this *varttī* revives the lost vision of the user.

चन्दनाद्या वर्त्तिः–

चन्दनत्रिफलापूगपलाशतरुशोणितैः । जलपिष्टैरियं वर्तिरशेषतिमिरापहा ।।२००।।

200. Candanādya Varttī:

Ingredients: Red sandalwood, *triphalā* herbs, betel nut, latex of *palāśa* tree and water.

Process of Drug-Making: Collect red sandalwood, *triphalā* herbs, betel nut and latex of *palāśa* tree. Compound them together into a fine powder and paste them with water. Thus make *varttī* out of the preparation.

Method of use/Administration: Use this *varttī* as *añjana*.

Therapeutic benefits: It removes all types of cataract.

त्र्यूषणाद्य वर्त्तिः–

त्र्यूषणत्रिफलावक्रसैन्धवानि मनःशिला । क्लेदोपदेहकण्डूघ्नी वर्त्तिः शस्ता कफापहा ।।२०१।।

201. Tayūṣanādya Varttī:

Ingredients: *Trikaṭu* herbs, *triphalā* herbs, *tagara*, rock salt and *manahśilā*.

Process of Drug-Making: Take *trikaṭu* herbs, *triphalā* herbs, *tagara*, rock salt and *manahśilā* and prepare *varttī* out of their powders.

Method of use/Administration: These *varttī*s could be used in *añjana* application.

Therapeutic benefits: It removes excessive tearing, *upadeha*, *kanḍu* and eye diseases that has been caused by vitiated *kapha*.

नयनसुखा वर्त्तिः–

एकगुणा मागधिका द्विगुणा च हरीतकी सलिलपिष्टा ।
वर्त्तिरियं नयनसुखा तिमिरार्मपटलकाचाश्रुहरी ।।२०२।।

202. Nayansukhā Vartti:

Ingredients: *Pippalī*, *haraḍa* and water.

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Process of Drug-Making: Prepare pills out of *pippalī* (1 part) and *haraḍa* (two parts) and paste them along with water.

Therapeutic benefits: This *Nayansukha Vartti* removes such eye diseases as *timira*, *paṭala*, *kāca*, *arma* and *aśrūpāta*.

चन्द्रप्रभा वर्त्तिः–

अञ्जनं श्वेतमरिचं पिप्पलीं मधुयष्टिका । बिभीतकस्य मध्यं तु शङ्खनाभिर्मनःशिला ।।२०३।।
एतानि समभागानि अनाक्षीरेण पेषयेत् । छायाशुष्कां कृतां वर्त्तिं नेत्रेषु च प्रयोजयेत् ।।२०४।।
अर्बुदं पटलं काचं तिमिरं रक्तराजिकाम् । अधिमांसार्मणी चैव यच्च रात्रौ न पश्यति ।।
वर्त्तिश्चन्द्रप्रभा नाम जातान्ध्यमपि नाशयेत् ।।२०५।।

203-205. Candraprabhā Varttī:

Ingredients: *Rasāñjana*, *śveta marica*, *pippalī*, *yaṣṭimadhu*, seed-pulp of *vibhītakī*, *śankhanābhi*, *manahśilā* and goat's milk.

Process of Drug-Making: Take equal parts of *rasāñjana*, *śveta marica*, *pippalī*, *yaṣṭimadhu*, seed-pulp of *vibhītakī*, *śankhanābhi* and *manahśilā*. Ground them in goat's milk and prepare *varttī* out of the mix. Dry these *varttī*s under shade. This is called *Candraprabhā Varttī*.

Therapeutic benefits: It is useful in eye-diseases and it cures even congenital blindness.

पञ्चशतिका वर्त्तिः–

नीलोत्पलपत्रशतंमुद्गशतंयवशतंचनिस्तुषं ग्राह्यम्।मालात्याःकुसुमशतंपिप्पलीतण्डुलशतंच।।२०६।।
पञ्चशतैर्वर्त्तिर्विहिताञ्जनंकुर्यात्सर्वात्मकेनयने।तिमिराश्रुकाचपटलानांनास्त्यपरःसाधनोपायः।।२०७।।

206-207. Pañcaśaṭīka Varttī:

Ingredients: Petals of blue lotus, *mudga* beans, husked barley, jasmine flowers and black pepper.

Process of Drug-Making: Make *varttī* out of 100 numbers each of the petals of blue lotus, *mudga* beans, husked barley, jasmine flowers and black pepper combined together.

Method of use/Administration: Apply this *varttī* as *añjana*.

Therapeutic benefits: It removes eye diseases caused by vitiated *doṣas*. It also checks *timira*, *aśrūpāta* (excessive tearing), *kāca*, *pāṭala* and the like.

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व्योषाद्यवर्त्तिः–

व्योषोत्पलाभयाकुष्ठताक्ष्यैर्वर्त्तिः कृता हरेत् । अर्बुदं पटलं काचं तिमिरार्माश्रुनिःस्रुतिम् ।।२०८।।

208. Vyoṣādya Vartti:

Ingredients: *Tṛikaṭu* herbs, blue lotus, *haraḍa*, *kuṣṭha* and *rasāñjana*.

Process of Drug-Making: Prepare *varttī* out of *tṛikaṭu* herbs, blue lotus, *haraḍa*, *kuṣṭha* and *rasāñjana* (all taken together).

Therapeutic benefits: This *varttī* removes *arbuda*, *paṭala*, *kāca*, *timira*, *arma* and *netrasrāva*.

रसाञ्जनादिवर्त्तिः–

रसाञ्जनं च रजतं खर्परं सीसकं तथा । कर्पूरं शङ्खनाभिश्च पारदस्ताम्रकांस्यके ।।२०९।।
हंसपादीद्रवैरेकं दिनं सर्वं विमर्दयेत् । ततो वर्त्तिर्विधातव्या यथाविधि भिषग्वरैः ।।
अञ्जनाद्विलयं यान्ति सर्वेऽप्यक्षिभवा गदाः ।।२१०।।

209-210.Rasāñjanādi Vartti:

Ingredients: *Rasāñjana*, *rajata bhasma*, *kharpara bhasma*, *śīśaka bhasma*, camphor, *śankhanābhi bhasma*, purified *pārada*, *tāmra bhasma*, *kānsya bhasma* and juice of *hanspādī*.

Process of Drug-Making: Take equal parts of *rasāñjana*, *rajata bhasma*, *kharpara bhasma*, *śīśaka bhasma*, camphor, *śankhanābhi bhasma*, purified *pārada*, *tāmra bhasma*, *kānsya bhasma* and triturate them together along with juice of *hanspādī* for one whole day. Prepare *varttī* out of this combination.

Method of use/Administration: Use the *varttī* as *añjana*.

Therapeutic benefits: This *añjana* removes all types of eye diseases.

नयनामृताञ्जनम् (यो. र.)–

रसेन्द्रभुजगौ तुल्यौ तयोर्द्विगुणमञ्जनम् । सूततुर्यांशकर्पूरमञ्जनं नयनामृतम् ।।२११।।
तिमिरं पटलं काचंशुक्रमर्मार्जुनानिच । क्रमात् पथ्याशिनो हन्ति तथाऽन्यानपि दृग्गदाः ।।२१२।।

211-212. Nayanāmṛita Añjanam:

Ingredients: Purified *pārada*, purified *nāga*, purified *sauvirāñjana* and camphor.

Process of Drug-Making: Obtain 48 gm. measure each of purified *pārada* and purified *nāga*, 192 gm. of purified *sauvirāñjana* and 12 gm. of camphor. First melt the *nāga* and put it into a mortar containing *pārada* (it should have been put there only a few moments ago). Subsequently churn them together into a *kalka*.

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Add *sauvīrāñjana* and camphor to the *kalka* and churn the preparation again. This preparation is called *Nayanāmṛita Añjana*.

Method of use/Administration: It should be used everyday. The patient should follow the prescribed dietary regime.

Therapeutic benefits: This medication removes *paṭala*, *kāca śukra*, *arma*, *arbuda* and the like diseases of the eyes.

(*Yoga Ratnākar*)

मुक्तादिमहाञ्जनम् (व. से.)–

मुक्ताकर्पूरकाचौगुरुमरिचकणासैन्धवैलाप्रवालंशुण्ठीकक्कोलकांस्यत्रपुरजनिशिलाशङ्खनाभ्यभ्रतुत्थम् ।
दक्षाण्डत्वक् च साक्षं क्षतजमथ शिवाक्लीतकं राजवर्त्तो जातीपुष्पं तुलस्याः कुसुममभिनवं
बीजमस्यास्तथैव ।।२१३।।

पूतीकनिम्बार्जुनभद्रमुस्तं सताम्रसारं रसगर्भयुक्तम् ।
प्रत्येकमेषां खलु माषकैकं पाषाणपिष्टं मधुना च सूक्ष्मम्।।२१४।।

भवन्ति रोगा नयनाश्रितायेनितान्तमात्रोपचिताश्चतेषाम् ।
विधीयते शान्तिरवश्यमेव मुक्तादिनाऽनेन महाञ्जनेन ।।२१५।।

213-215. Muktādi Mahā Añjanam:

Ingredients: *Muktā* (pearl), camphor, *kāca* (type of salt), *aguru*, black pepper, pepper, rock salt, cardamom, *pravāla bhasma*, dried ginger, *kakkola*, *kānsya bhasma*, *nāga bhasma*, *haridrā*, purified *manahśilā*, *śankhanābhi*, *abhraka bhasma* (purified through *tṛiphalā* herbs), purified *tutthaka*, peels of hen eggs, peels of fruit rhizomes of *vibhītaka*, *keśara*, peels of *haraḍa*, *madhuka*, *rājvarta*, jasmine flowers, fresh flowers and seeds of plant *tulasī*, seed pulp of *karañja* fruit, seed pulp of *nimba* fruit (or its fresh leaves or its bark), bark of *arjun* tree, *bhadramustā*, *tāmra bhasma* (purified through *gandhaka*), *rasāñjana* and honey.

Process of Drug-Making: Take 1 gm. measure fine powder of each of the following: *muktā* (pearl), camphor, *kāca* (type of salt), *aguru*, black pepper, pepper, rock salt, cardamom, *pravāla bhasma*, dried ginger, *kakkola*, *kānsya bhasma*, *nāga bhasma*, *haridrā*, purified *manahśilā*, *śankhanābhi*, *abhraka bhasma* (purified through *tṛiphalā* herbs), purified *tutthaka*, peels of hen eggs, peels of fruit rhizomes of *vibhītaka*, *keśara*, peels of *haraḍa*, *madhuka*, *rājvarta*, jasmine flowers, fresh flowers and seeds of plant *tulasī*, seed pulp of *karañja* fruit, seed pulp of *nimba* fruit (or its fresh leaves or its bark), bark of *arjun* tree, *bhadramustā*, *tāmra bhasma* (purified through *gandhaka*) and *rasāñjana*. Take all

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the above ingredients along with honey and triturate their mix for one whole day. Dry the preparation and preserve it in glass bottle.

Method of use/Administration: This medicine should be applied as an *añjana* over eyes on regular basis.

Therapeutic benefits: It cures all types of eye diseases.

(Vangasen)

नयनशोणाञ्जनम् (भा. प्र.)–

कणा सलवणोषणा सहरसाञ्जना साञ्जना सरित्पतिकफः सितासितपुनर्नवा शर्करा ।
रजन्यरुणचन्दनं मधुकतुत्थपथ्याशिलाअरिष्टदलशाबरस्फटिकशङ्खनाभीन्दवः ।।२१६।।
इमानि तु विचूर्णयेन्निविडवाससा शोधयेत् तथाऽयसिविमर्दयेत्समधु ताम्रदण्डेन तत् ।
इदं मुनिभिरीरितं नयनशोणनामाञ्जनंकरोति तिमिरक्षयं पटलपुष्पनाशं बलात् ।।२१७।।

216-217. Nayanaśonāñjanam:

Ingredients: *Pippalī*, rock salt, black pepper, *rasāñjana*, purified *sauvirāñjana*, *phenaka*, *śveta punarnavā*, *rakta punarnavā*, jaggery, *haridrā*, *rakta candana*, *madhuka*, *tutthaka*, *haraḍa*, purified *manahśilā*, *nimba* leaves, *śavaralodhra*, alum (purified), *śankhanābhi* and camphor.

Process of Drug-Making: Take fine powders measuring 12 gm. each of the following: *pippalī*, rock salt, black pepper, *rasāñjana*, purified *sauvirāñjana*, *phenaka*, *śveta punarnavā*, *rakta punarnavā*, jaggery, *haridrā*, *rakta candana*, *madhuka*, *tutthaka*, *haraḍa*, purified *manahśilā*, *nimba* leaves, *śavaralodhra*, alum (purified), *śankhanābhi* and camphor. Put all of them together in an iron mortar and churn the preparation with a copper hammer for one whole day.

Method of use/Administration: This preparation is used as an *añjana*.

Therapeutic benefits: It checks cataract and eye diseases named *pāṭala* and *puspa*. This medicine has been named as *Nayanaśonāñjanam* by the sages.

(*Bhāvaprakāśa*)

लोहादिगुग्गुलुः (यो. र.)–

अयःसयाष्टित्रिफलाकणानांचूर्णानि तुल्यानि पुरेण नित्यम् ।
सर्पिर्मधुभ्यां सह भक्षितानि शुक्लानि सर्वाणि निहन्ति शीघ्रम् ।।२१८।।

218. Lauhādi Guggulu:

Ingredients: *Lauha bhasma*, *madhuka*, *triphalā* herbs, *pippalī* and *guggulu*.

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Process of Drug-Making: Take *lauha bhasma*, powders of *madhuka*, *triphalā* herbs and *pippalī* each measuring 12 gm.. Also take *guggulu* measuring equal to all the above.

Method of use/Administration: This medicine is to be taken in doses of 500 mg. to 1 gm. along with a mix of *ghṛita* (8 gm.) and honey (4 gm.).

Therapeutic benefits: This medicine successfully treats all types of *śuklā* diseases connected with eyes.

(*Yoga Ratnākar*)

नेत्राशनिरसः (र. सा. सं.)–

अभ्रं ताम्रं तथा लौहं माक्षिकञ्च रसाञ्जनम् । पातनायन्त्रसंशुद्धं गन्धकं नवनीतकम् ।।२१९।।
पलप्रमाणं प्रत्येकं गृह्णीयाच्च विधानवित् । सर्वमेकीकृतं चूर्णं वैद्यैः कुशलकर्मभिः ।।२२०।।
ततस्तु भावना कार्या त्रिफलाभृङ्गराजकैः । ततः प्रक्षिप्य चूर्णञ्च पिप्पलीमूलयष्टिका ।।२२१।।
एला पुनर्नवा दारु पाठा भृङ्गशटी वचा । उत्पलं चन्दनं चैव श्लक्ष्णचूर्णं प्रदापयेत् ।।२२२।।
माषमेकं प्रदातव्यं घृतमाक्षिकमर्दितम् । मर्दनं लौहदण्डेन पात्रे लौहमये दृढ़े ।।२२३।।
उष्णोदकं चानुपानं प्रयोगक्तव्यं सुखावहम् । यावतो नेत्ररोगांश्च पानादेव विनाशयेत् ।।२२४।।
सरक्ते रक्तपित्ते च रक्ते चक्षुःस्रुतेऽपि च । नक्तान्ध्ये तिमिरे काचे नीलिकापटलार्बुदे ।
अभिष्यन्देऽधिमन्थे च पिष्टे चैव चिरन्तने ।।२२५।।
नेत्ररोगेषु सर्वेषु वातपित्तकफेषु च । युञ्जीत तान् निहन्त्येव वृक्षमिन्द्राशनिर्यथा ।।२२६।।

219-226. Netrāśani Rasa:

Ingredients: *Abhraka bhasma*, *tāmra bhasma*, *lauha bhasma*, *svarṇamākṣika bhasma*, *rasāñjana*, purified *gandhaka*, decoction of *triphalā* herbs, juice of *bhṛingarāja*, *pippalīmūla*, *yaṣṭi*, cardamom, *punarnavā*, *devadāru*, *pāṭhā*, *bhṛingarāja*, *karcūra*, *vacā*, *nīlakamal*, *śveta candana* and honey.

Process of Drug-Making: Take 48 gm. measure each of *abhraka bhasma*, *tāmra bhasma*, *lauha bhasma*, *svarṇamākṣika bhasma*, *rasāñjana* and purified *gandhaka* (that has been duly detoxified through distillation process). Combine them together and triturate the mix for seven consecutive times along with decoction of *triphalā* herbs as well as juice of *bhṛingarāja*. Add to the preparation 2 gm. measure each of *pippalīmūla*, *yaṣṭi*, cardamom, *punarnavā*, *devadāru*, *pāṭhā*, *bhṛingarāja*, *karcūra*, *vacā*, *nīlakamal* and *śveta candana*. Triturate the preparation through an iron mortar along with honey. Use an iron hammer for this purpose.

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Method of use/Administration: This medicine is to be taken in doses of 250-500 mg. along with warm water and honey.

Therapeutic benefits: It checks all types of eye diseases particularly redness, *rakta pitta*, *netrasrāva*, night blindness, cataract, *kāca*, *nīlikā*, *pāṭal*, *arbuda*, conjunctives, *adhimantha*, chronic *piṣṭaroga* and disorders of eyes caused due to vitiated *vāta*, *pitta* and *śleṣma*.

(*Rasendra Sār Sangraha*)

तिमिरहरलौहम् (र. सा. सं.)–

त्रिफलापद्मयष्ट्याह्वयुक्तं सारं निषेवितम् । लौहं तिमिरकं हन्ति सुधांशुस्तिमिरं यथा ।।२२७।।

227. Timirāhara Lauham:

Ingredients: *Tṛiphalā* herbs, *nīlakamal*, *yaṣṭi* and *lauha bhasma*.

Process of Drug-Making: Take 10 gm. measure powders each of the *tṛiphalā* herbs, *nīlakamal* and *yaṣṭi*. Also take *lauha bhasma* measuring equal to their combination (i.e. 60 gm.) and triturate all of them together.

Method of use/Administration: Take this medicine in doses of 500 mg.

Therapeutic benefits: It checks cataract (*timira*).

(*Rasendra Sār Sangraha*)

नयनामृतलौहम् (र. सा. सं.)–

त्रिकटुत्रिफलाशृङ्गीशटीरास्ना महौषधम् । द्राक्षा नीलोत्पलं चैव काकोली मधुयष्टिका ।।२२८।।
वाट्यालंकेशराजञ्चकण्टकारीद्वयं पलम् । लौहाभ्रयोःपलं दत्त्वा वक्ष्यमाणेन भावयेत् ।।२२९।।
त्रिफलायाश्च तोयेन भृङ्गराजरसेन वा । भावयित्वा वटी कार्या बदरास्थिनिभा शुभा ।।
यावतो नेत्ररोगाँश्च निहन्यान्नात्र संशयः ।।२३०।।

228-230. Nayanamṛita Lauham:

Ingredients: *Tṛikaṭu* herbs, *tṛiphalā* herbs, *śṛīngī*, *śaṭī*, *rāsnā*, dried ginger, *drākṣā*, *nīlotpala*, *kākolī*, *madhuyaṣṭhi*, *keśarāja*, *balā*, roots of lesser *vyāghrī*, roots of larger *vyāghrī* herbs, *lauha bhasma*, *abhraka bhasma*, decoction of *tṛiphalā* herbs and juice of *bhṛingarāja*.

Process of Drug-Making: Gather 93 gm. measure powders each of *tṛikaṭu* herbs, *tṛiphalā* herbs, *śṛīngī*, *śaṭī*, *rāsnā*, dried ginger, *drākṣā*, *nīlotpala*, *kākolī*, *madhuyaṣṭhi*, *keśarāja*, *balā*, roots of lesser *vyāghrī*, and roots of larger *vyāghrī* herbs. Also take *lauha bhasma* and *abhraka bhasma* measuring 46 gm. each.

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Triturate the combination of all the above along with the decoction of *triphalā* herbs as well as juice of *bhṛingarāja* separately. Prepare pills measuring 500 mg. each.

Method of use/Administration: This pill should be taken in the morning as well as in the evening.

Therapeutic benefits: It checks all types of eye diseases.

(*Rasendra Sār Sangraha*)

मधुकाद्यं लौहम्–

मधुकं त्रिफलाचूर्णं लौहचूर्णं तथैव च । भक्षयेन्मधुसर्पिर्भ्यामक्षिरोगप्रशान्तये ।।२३१।।

231. Madhukādya Lauham:

Ingredients: *Madhuka*, *tṛiphalā* herbs, *lauha bhasma*, honey and *ghṛitam*.

Process of Drug-Making: Take powder of *madhuka* and *tṛiphalā* herbs along with *lauha bhasma* in measure of equal parts. Churn them together with honey (1 gm.) and *ghṛitam* (2 gm.).

Dosage: 1 gm.

Therapeutic benefits: Taking this preparation checks all kinds of eye diseases.

सप्तामृतलौहम्–

त्रिफलारज आयसं च चूर्णं सह यष्टीमधुकं समांशयुक्तम् ।
मधूना हविषा सदा दिनान्ते पुरुषो निष्परिहारमाददीत ।।२३२।।
तिमिरक्षतरक्तराजिकण्डूक्षणदान्ध्यार्बुदतोददाहशूलान् ।
पटलं सहकाचपिल्लकं शमयत्येव निषेवितः प्रयोगः ।।२३३।।
न च केवल मेव लोचनानां विहितो रोगनिबर्हणाय पुंसाम् ।
दशनश्रवणोर्ध्वकण्ठजानां प्रशमे हेतुरयं महागदानाम् ।।२३४।।
पलितानिविनाशयेत्तथाऽग्निंचिरनष्टंकुरुते रविप्रचण्डम् ।
दायिताभुजपञ्जरोपगूढः स्फुटचन्द्राभरणासु यामिनीषु ।।२३५।।
सुरतानि चिरं निषेवतेऽसौ पुरुषो योगवरं निषेवमाणः ।
मुखेन नीलोत्पलचारुगान्धिना शिरोरुहैरञ्जनमेचकप्रभैः ।
भवेच्च गृध्रस्य समानलोचनः सुखैर्नरोवर्षशतञ्च जीवति ।।२३६।।

232-236. Saptamṛita Lauham:

Ingredients: *Tṛiphalā* herbs, *lauha bhasma*, powder of *madhuyaṣṭī* and honey or *ghṛita*.

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Process of Drug-Making: Get 100 gm. measure each of *triphalā* herbs, *lauha bhasma* and powder of *madhuyaṣṭī*. Compound them thouroughly.

Method of use/Administration: Take the combination along with honey (1 gm.) or *ghṛita* (2 gm.) during evening times.

Therapeutic benefits: It is every helpful in checking cataract, injuries of eyes, minor wounds around eyes, itching sensation, night blindness, *arbuda*, prickling pains in the eyes, temperature, pain, *pāṭala* and *kāca*. This medicine is not only helpful in relation to eyes but it also controls severe diseases of tooth, ears and head. It eliminates the indisposition called *palita*. It promotes digestive powers and equips the user with great aphrodisiac capabilities. His face becomes as charming as a lotus flower, his eyes become as black as *añjana* (collyrium) and his vision as sharp as that of a vulture. He remains free from physical and mental diseases and continues to live for 100 long years.

माक्षिकादिवटी–

माक्षिकंतोलकमितं तदर्द्धं गन्धकं रसम् । तथाऽभ्रञ्च समादाय मुक्तास्वर्णौ च पादिकौ ।।२३७।।
काकमाचीपत्ररसैस्त्रिधा सम्भाव्य यत्नतः । रक्तिद्वयमिता कार्या माक्षिकादिवटी शुभा ।।२३८।।
वेष्टिता पद्मपत्रेण धान्यराशौ निधापिता । यथायोगानुपानेन सेविता संहरेन्नृणाम् ।।२३९।।
नेत्ररोगांश्च निखिलान् नानोपद्रवसंयुतान् ।।२४०।।

237-240. Makṣikādi Vaṭī:

Ingredients: *Svarṇamākṣika bhasma*, purified *gandhaka*, purified *pārada*, *abhraka bhasma*, *muktā piṣṭi*, *svarṇa bhasma* and juice or decoction of *kākamācī* leaves.

Process of Drug-Making: Take *svarṇamākṣika bhasma* (12 gm.), 6 gm. each of purified *gandhaka*, purified *pārada* and *abhraka bhasma*, 3 gm. each of *muktā piṣṭi* and *svarṇa bhasma*. Triturate their combination through juice or decoction of *kākamācī* leaves for three consecutive days. Prepare pills measuring 250 mg. each. Wrap the pills with lotus leaves and place the same inside a heap of paddy husk.

Therapeutic benefits: This medicine, taken with different *anupānas*, treats successfully all types of eye diseases.

पटोलाद्यं घृतम् (च. द.)–

पटोलं कटुकांदार्वीनिम्बंवासां फलत्रिकम् । दुरालभां पर्पटकं त्रायन्तीं च पलोन्मिताम् ।।२४१।।
प्रस्थमामलकानांच क्वाथयेन्नल्वणेऽम्भसि । पादशेषे रसे तस्मिन् घृतप्रस्थं विपाचयेत् ।।२४२।।
कल्कैर्भूनिम्बकुटजमुस्तयष्टयाह्वचन्दनैः । सपिप्पलीकैस्तत्सिद्धं चक्षुष्यं शुक्रयोर्हितम् ।।२४३।।

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घ्राणकर्णाक्षिवर्त्मत्वङ्मुखरोगव्रणापहम् । कामलाकुष्ठवीसर्पगण्डमालापहं परम् ।।२४४।।

241-244. Paṭolādya Ghṛitam:

Ingredients: *Mūrcchita* cow *ghṛitam*, *paṭola patra*, *kaṭukī*, *dāru haridrā*, *nimba* (bark), *aḍuṣā* (bark or *pañcānga*), *tṛiphalā* herbs, *durālabhā*, *parpaṭaka*, *trāyamāṇā*, *āmalakī* and water, *kirātatikta*, *kuṭaja* (bark), *mustā*, *yaṣṭi*, *madhuka*, *śveta candana* and *pippalī*.

Process of Drug-Making: Obtain *mūrcchita* cow *ghṛitam* measuring 750 ml. and prepare a decoction out of 46 gm. measure each of *paṭola patra*, *kaṭukī*, *dāru haridrā*, *nimba* (bark), *aḍuṣā* (bark or *pañcānga*), *tṛiphalā* herbs, *durālabhā*, *parpaṭaka* and *trāyamāṇā*. Also take *āmalakī* measuring 750 gm. and decoct it in water measuring 12.50 litre. Boil down the decoction to one fourth of its original amount. Prepare *kalka* out of *kirātatikta*, *kuṭaja* (bark), *mustā*, *yaṣṭi*, *madhuka*, *śveta candana* and *pippalī* (30 gm. each). Cook all the above ingredients together and thus obtain the medicated *ghṛitam*.

Therapeutic benefits: This medicine is very effective in checking eye diseases. It checks adherent leucoma, *avraṇa śukra*, diseases of eye lids, as well as diseases of nose and ears, diseases of mouth and bark, anemia, *kuṣṭha*, *visarpa* and *gaṇḍamāla*.

(Cakradatt)

शशकघृतम्-अजकापहम् (च. द.)–

शशकस्य शिरःकल्के शेषाङ्गक्वथिते जले । घृतस्य कुडवं पक्वं पूरणं चाजकापहम् ।।२४५।।

245. Śaśaka Ghṛitam:

Ingredients: *Mūrcchita ghṛitam*, decoction of rabbits meat, and goat's milk.

Process of Drug-Making: Obtain 187 gm. of *mūrcchita ghṛitam*, decoction of rabbit's meat measuring 750 ml. and goat's milk (187 ml.). Mix all the ingredients together. Cook this preparation to obtain medicinal *ghṛita*.

Method of use/Administration: This medicated *ghṛita* should be poured into the eyes.

Therapeutic benefits: It cures *ajakā*.

(Cakradatt)

शशकाद्यं घृतम्-शुक्रादिषु–

शशकस्य कषाये च सर्पिषः कुडवं पचेत् । यष्टीप्रपौण्डरीकस्य कल्केन पयसा समम् ।।२४६।।

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छागल्याः पूरणाच्छुक्रक्षतपाकात्ययाजकाः । हन्ति भ्रशङ्खशूलं च दाहरोगानशेषतः ।।२४७।।

246-247. Śaśkādya Ghṛitam (Second Recipe):

Ingredients: *Mūrcchita ghṛitam*, decoction of the flesh of rabbit, *kalka* of *yaṣṭimadhu, prapaunḍarīka* and goat's milk.

Process of Drug-Making: 187 gm. of *mūrcchita ghṛitam* should be cooked along with the decoction of the flesh of rabbit (750 ml.), *kalka* of *yaṣṭimadhu* and *prapaunḍarīka* (23 gm. each) and goat's milk (750 ml.).

Method of use/Administration: Use this medicated *ghṛitam* as eye-drop.

Therapeutic benefits: It cures *śukra*, ulcer in the eye, *pākātyaya*, *ajakā* and pain in the eye-brows as well as in temporal region. It specially cures *dāha* (burning syndrome).

त्रिफलाद्यं घृतं तिमिरघ्नम् (च. द.)–

त्रिफलाक्वाथकल्काभ्यांसपयस्कं श्रृतं घृतम् । तिमिराण्यचिराद्धन्ति पीतमेतन्निशामुखे ।।२४८।।

248. Tṛiphalādya Ghṛitam:

Ingredients: *Mūrcchita* cow *ghṛitam*, decoction of *tṛiphalā* herbs, *kalka* of *tṛiphalā* herbs and cow milk.

Process of Drug-Making: Take 1 litre of *mūrcchita* cow *ghṛitam*, decoction of *tṛiphalā* herbs measuring 4 litres, *kalka* of *tṛiphalā* herbs measuring 250 gm. and cow milk measuring 4 litre. Prepare the medicinal *ghṛitam* out of these in proper manner.

Method of use/Administration: This medicated *ghṛitam* is to be taken in doses of 6-12 gm. in the evening.

Therapeutic benefits: It checks *timira* in no time.

(Cakradatt)

त्रिफलाद्यं घृतं महत् (सर्वनेत्ररोगे)–

त्रिफलाया रसप्रस्थं प्रस्थं भृङ्गरसस्य च । वृषस्य च रसप्रस्थं शतावर्याश्च तत्समम् ।।२४९।।
अजाक्षीरं गुडूच्याश्च आमलक्या रसं तथा । प्रस्थं प्रस्थं समाहृत्य सर्वैरेभिर्घृतं पचेत् ।।२५०।।
कल्कःकणासिताद्राक्षात्रिफला नीलमुत्पलम् । मधुकंक्षीरकाकोलीमधुपर्णीनिदिग्धिका ।।२५१।।
तत्साधुसिद्धं विज्ञाय शुभे भाण्डे निधापयेत् । ऊर्ध्वपानमधःपानं मध्ये पानं च शस्यते ।।२५२।।
यावन्तो नेत्ररोगास्तान् पानादेवापकर्षति । नक्तान्ध्ये तिमिरे काचे नीलिकापटलार्बुदे ।।२५३।।
अभिष्यन्देऽधिमन्थे च पक्ष्मकोपे च दारुणे । नेत्ररोगेषु सर्वेषु वातपित्तकफेषु च ।।२५४।।
अदृष्टिं मन्ददृष्टिं च कफवात प्रदूषिताम् । स्रवतो वातपित्ताभ्यां सकण्ड्वासन्नदूरदृक् ।।२५५।।

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गृद्ध्रदृष्टिकरं सद्यो बलवर्णाग्निवर्द्धनम् । सर्वनेत्रामयं हन्यात् त्रिफलाद्यं महद् घृतम् ।।२५६।।

249-256. Tṛiphalādya Ghṛitam (Major Recipe):

Ingredients: *Mūrcchita* cow *ghṛitam*, *tṛiphalā*, *bhṛingarāja*, *aḍuṣā* leaves, *śatāvarī*, goat's milk, *guḍūcī*, *āmalakī*. Also take *pippalī*, raw sugar, *drākṣā*, *tṛiphalā*, *nīlakamal*, *madhuka*, *kṣīrakākolī*, *madhūparṇī* and *nidigdhikā*.

Process of Drug-Making: Take 750 ml. each of the following: *mūrcchita* cow *ghṛitam*, decoction of *tṛiphalā*, juice of *bhṛingarāja*, juice of *aḍuṣā* leaves, decoction or juice of *śatāvarī*, goat's milk, *guḍūcī*, decoction or juice of *āmalakī*. Also take *kalka* out of the following in equal parts (i.e. 17 gm. each): *pippalī*, raw sugar, *drākṣā*, *tṛiphalā*, *nīlakamal*, *madhuka*, *kṣīrakākolī*, *madhūparṇī* and *nidigdhikā*. Taking all the ingredients cook them as per method and thus obtain the medicated *ghṛitam*.

Method of use/Administration: It should be taken in doses of 6-12 gm. before meals along with lukewarm milk. It should be taken during meals when one is taking breads or cooked rice. If one is taking liquid meals the medicine should be taken after that.

Therapeutic benefits: Taken as per instructions, this medicine checks all types of eye diseases particularly, night blindness, cataract, *kāca*, *nīlikā*, *paṭala*, *arbuda*, conjunctivitis, *adhimantha*, *pakṣamkopa*, eye diseases caused by *vāta*, *pitta*, *śleṣma* and *sannipātta* problems, lost vision or short vision and the like. It also checks indispositions like excessive tearing, itching in the eyes and problems of long vision or short vision. The medicine makes the user's looking power as powerful as that of a vulture while his body becomes very charming and his digestive power is also developed. This medicine is very effective in checking all types of eye diseases.

त्रैफलं घृतम्–

त्रिफला त्र्यूषणं द्राक्षा मधुकं कटुरोहिणी । प्रपौण्डरीकं सूक्ष्मैला विडङ्गं नागकेशरम् ।।२५७।।
नीलोत्पलं शारिवे द्वे चन्दनं रजनीद्वयम् । कार्षिकैः पयसा तुल्यं त्रिगुणं त्रिफलारसम् ।।२५८।।
घृतप्रस्थं पचेदेतत्सर्वनेत्ररुजाऽपहम् । तिमिरं दोषमास्रावं कामलां काचमर्बुदम् ।।२५९।।
विसर्पं प्रदरं कण्डूं रक्तं श्वयथुमेव च । खालित्यं पलितं चैव केशानां पतनं तथा ।।२६०।।
विषमज्वरमर्माणि शुक्रं चाशु व्यपोहति । अन्ये च बहवो रोगा नेत्रजा ये च वर्त्मजाः ।।२६१।।
तान्सर्वान्नाशयत्याशुभास्करस्तिमिरंयथा । चचैतस्मात्परंकिंचिदृषिभिः काश्यपादिभिः ।।दृष्टिप्रसादनं दृष्टं यथा स्यात्त्रैफलं घृतम् ।।२६२।।

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257-262. Traiphalā Ghṛitam:

Ingredients: *Mūrcchita* cow *ghṛitam*, decoction of *tṛiphalā*, *tṛiphalā*, *trayūṣṇa*, *drākṣā*, *madhuka*, *rohiṇī*, *nīlakamal*, *elā*, *viḍanga*, *nāgakeśara*, *nīlotpala*, *śārivā* (both varieties), *candana* (both varieties), *haridrā* (both varieties).

Process of Drug-Making: Take *mūrcchita* cow *ghṛitam* (750 ml.) and decoction of *tṛiphalā* (2250 ml.). Prepare *kalka* out of the following in equal parts (i.e. 12 gm. each): *tṛiphalā*, *trayūṣṇa*, *drākṣā*, *madhuka*, *rohiṇī*, *nīlakamal*, *elā*, *viḍanga*, *nāgakeśara*, *nīlotpala*, *śārivā* (both varieties), *candana* (both varieties), *haridrā* (both varieties). Taking all the ingredients cook them as per method and thus obtain the medicated *ghṛitam*.

Method of use/Administration: It should be taken in doses of 6-12 gm. before meals along with lukewarm milk. It should be taken during meals when one is taking breads or cooked rice. If one is taking liquid meals the medicine should be taken after that.

Therapeutic benefits: Taken likewise, this medicine checks all types of eye diseases particularly, night blindness, excessive tearing, *kāmalā*, *kāca*, *arbuda*, *visarpa*, *pradara*, itching in the eyes, bleedings, *śotha*, *palita*, falling of hairs, *viṣam* fever, all kinds of *arma*, *śukra*, differnt types of eye-diseases and ailments affecting the eye-lids. The sage Kāśyapa and other seers found this medicine as second to none in utility. This is the best medicine for all types of eye-problems.

त्रिफलाद्यं घृतं-तिमिरघ्नम्–

फलत्रिकाभीरुकषायसिद्धं कल्केन यष्टीमधुकस्ययुक्तम् ।
सर्पिः समं क्षौद्रचतुर्थभागं हन्यात्त्रिदोषंतिमिरं प्रवृद्धम् ।।२६३।।

263. Tṛiphalādya Ghṛitam (Third Variety):

Ingredients: *Mūrcchita* cow *ghṛitam*, decoction of *tṛiphalā* herbs, juice or decoction of *śatāvarī*, *kalka* of *madhuyaṣṭī* and honey.

Process of Drug-Making: Take 1 litre of *mūrcchita* cow *ghṛitam*, decoction of *tṛiphalā* herbs and juice or decoction of *śatāvarī* each measuring 2 litre, *kalka* of *madhuyaṣṭī* measuring 250 gm. and honey measuring 250 gm.

Therapeutic benefits: This medicated *ghṛitam* checks *timira* caused by vitiated *doṣas*.

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नृपवल्लभं तैलं घृतं च–

जीवकर्षभकौमेदेद्राक्षांऽशुमतीनिदिग्धिकाबृहती । मधुकंबलाविडङ्गंमञ्जिष्ठशर्करारास्ना ।।२६४।।
नीलोत्पलंश्वदंष्ट्राप्रपौण्डरीकंपुनर्नवा लवणम् । पिप्पल्यः सर्वेषां भागैरक्षांशिकैः पिष्टैः ।।२६५।।
तलंवायदिसर्पिर्दत्त्वा क्षीरं चतुर्गुणं पक्वम् । आत्रेयनिर्मितमिदं तैलं नृपवल्लभं सिद्धम् ।।२६६।।
तिमिरंपटलंकाचंनक्तान्ध्यंचार्बुदंदिवान्ध्यंच । श्वेतंचलिङ्गनाशंनाशयतिच नीलिकाव्यङ्गम् ।।२६७।।
मुखनासादौर्गन्ध्यंपलितंचाकालजंहनुस्तम्भम्। श्वासंकासंशोषंहिक्कास्तम्भंतथाऽत्ययंनेत्रे ।।२६८।।
मुखजैह्म्यमर्द्धभेदंरोगंबाहुग्रहं शिरःस्तम्भम् । रोगानथोर्ध्वजत्रोः सर्वानचिरेण नाशयति ।।२६९।।
पक्तव्यंकुडवं तैलं नस्यार्थं नृपवल्लभे । अक्षांशैः शाणिकैः कल्कैरन्यैर्भृङ्गादितैलवत् ।।२७०।।

264-270. Nṛipavallabha Tailam and Ghṛitam:

Ingredients: *Mūrcchita* sesame oil or *ghṛitam*, cow milk, *jīvaka*, *ṛiṣabhaka*, *medā*, *mahāmedā*, *drākṣā*, *amśumatī*, *nidigdhikā*, *bṛihatī*, *madhuka*, *balā*, *viḍanga*, *manjiṣṭhā*, sugar, *rāsnā*, *nīlotpala*, *śvadamṣṭra*, *prapaunḍarīka*, *punarnavā*, rock-salt and *pippalī*

Process of Drug-Making: Collect 1 litre of *mūrcchita* sesame oil or *ghṛitam*, cow milk measuring 4 litre and 12 gm. measure each of *jīvaka*, *ṛiṣabhaka*, *medā*, *mahāmedā*, *drākṣā*, *amśumatī*, *nidigdhikā*, *bṛihatī*, *madhuka*, *balā*, *viḍanga*, *manjiṣṭhā*, sugar, *rāsnā*, *nīlotpala*, *śvadamṣṭra*, *prapaunḍarīka*, *punarnavā*, rock-salt and *pippalī*. First of all prepare *kalka* out of the above herbs and mix it with the rest of ingredients. Cook the preparation together and obtain medicinal oil or *ghṛitam*. This effective recipe called *Nṛipavallabha Taila* has been propounded by sage Ātreya.

Some scholars take the following measures for this prescription: sesame oil 192 ml., milk 768 ml. and each of the herb for *kalka* measuring 8 gm. or 3 gm. Other physicians take the herbs for *kalka* in measurement of 12 gm. each.

Therapeutic benefits: It instantaneously cures *timira*, *paṭala*, *kāca*, *naktāndhya* (night blindness), *arbuda*, *śukra*, *śveta*, *linga naśa*, *nīlikā*, *vyanga*, foul smell coming out from the mouth and nose, premature graying of hair, *hanustambha* (lock-jaw), *kāsa* (bronchitis), *śvāsa* (asthma), *hikkā* (hiccup), *śoṣa* (consumption), *stambha* (stiffness), *netrātyaya* (eye diseases), *mukha jaihmaya* (*ardita* or facial paralysis), *arddhavabheda*, *agni graha* (suppression of the power of digestion), *śirahstambha* (stiffness of head) and *urdhavajatru rogas* (diseases of head and neck).

भृङ्गराजतैलम्–

भृङ्गराजरसप्रस्थे यष्टीमधुपलेन च । तैलस्य कुडवं पक्वं सद्यो दृष्टिं प्रसादयेत् ।।२७१।।

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नस्याद्वलीपलितघ्नं मासेनैतन्न संशयः ।।२७२।।

271-272. Bhṛingarāja Tailam:

Ingredients: *Mūrcchita* sesame oil, juice of *bhṛingarāja* and *kalka* of *madhuyaṣṭī*.

Process of Drug-Making: Take *mūrcchita* sesame oil measuring 187ml., 750 ml. juice of *bhṛingarāja* and *kalka* of 46 gm. measure of *madhuyaṣṭī*. Taking all these ingredients cook medicinal oil in prescribed manner.

Method of use/ Administration and Therapeutic benefits: Application of this oil through nose helps in clearing the eyesight. Application of this medicated oil over the scalp and through nose eliminates the *vali-palita* of the user.

गोमयतैलम् (च. द.)–

गवांशकृत्क्वाथविपक्कमुत्तमंहितं च तैलं तिमिरेषु नस्ततः ।
घृतं हितं केवलमेव पैत्तिके तथाऽणुतैलं पवनासृगुत्थयोः ।।२७३।।

273. Gomaya Tailam:

Ingredients: *Mūrcchita* sesame oils and dried powder of cow dung.

Process of Drug-Making: Collect *mūrcchita* sesame oils measuring 187 ml. and 500 gm. dried powder of cow dung and decoct them together in water measuring 4 litre.

Method of use/Administration: This medicated oil is applied through nose in treatment of *timira*.

Therapeutic benefits: In cases of eye diseases caused due to vitiated *pitta* application simply of cow *ghṛitam* is also useful. If the eye disease has occurred due to *vāta* disorder or due to disordered blood, nasal therapy using this medicated oil is also helpful.

(Cakradatt)

अभिजितं तैलम् (च. द.)–

तैलस्यपचेत्कुडवंमधुकस्यपलेन कल्कपिष्टेन । आमलकरसप्रस्थं क्षीरप्रस्थेन संयुक्तम् ।।२७४।।
कृत्वाऽभिज़ितंनाम्नातैलंतिमिरंहन्यान्निमिप्रोक्तम् । विमलां कुरुते दृष्टि नष्टामप्यानयेत्तद्वत् ।।२७५।।

274-275. Abhijita Tailam:

Ingredients: *Mūrcchita* sesame oil, *kalka* of *madhuyaṣṭī*, *āmalakī* juice (or its decoction) and cow milk.

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Process of Drug-Making: Take 187 ml. of *mūrcchita* sesame oil, *kalka* of *madhuyaṣṭī* measuring 46 gm. and 750 ml. each of *āmalakī* juice (or its decoction) and cow milk. Taking these ingredients, cook medicinal oil in proper manner. This medicinal oil has been suggested by the great sage Nimi.

Method of use/Administration: It is used through nose to check *timira*.

Therapeutic benefits: It clears the eyesight and revives the lost eyesight.

(Cakradatt)

नेत्ररोगे पथ्यापथ्यानि–

आश्च्योतनं लङ्घनमञ्जनं च स्वेदोविरेकः प्रतिसारणं च ।
प्रपूरणंनस्यमसृग्विमोक्षः शस्त्रक्रियालेपनभोज्यपानम् ।।२७६।।
सेको मनोवृत्तिरथाङ्घ्रिपूजा मुद्रा यवा लोहितशालयश्च ।
लावो मयूरो वनकुक्कुटश्च कूर्मः कुलिङ्गोऽथ कपिञ्जलश्च ।।२७७।।
कौम्भं हविर्वन्यकुलत्थयूषः पेयाविलेपीलशुनं पटोलम् ।
वार्ताकुककर्कोटककारवेल्लं नवीनमोचं नवमूलकञ्च ।।२७८।।
पुनर्नवामार्कवकाकमाचीपत्तूरशाकानि कुमारिका च ।
द्राक्षाचकुस्तुम्बुरुमाणिमन्थलोध्रंवराक्षौद्रमुपानहौ च ।।२७९।।
नारीपयश्चन्दनमिन्दुखण्डं तिक्तानिसर्वाणि लघूनि चापि ।
विजानता पथ्यमिदं प्रयुक्तं यथामलं दोषचयं निहन्ति ।।२८०।।

276-280. Helpful meals and measures in treatment of eye diseases:

Helpful measures include: *aścyotana* (sprinkling a medicated oil), *langhaṇa* (fasting), application of different *añjana*s, *svedana*, *virecana*, *pratisāraṇa* (gently rubbing), *prapūraṇa* (application of ointment), nasal therapy, blood letting, surgery, coating of medicinal *kalka*, drinking of medicinal *ghṛitam* and *svedana* (fomentation). Purity of mind and cleanliness of legs are also helpful. So is wearing boots. Helpful meals include: *mudga* pulse beans, barley, rice of red *śāli* variety, *lava* bird, peacock, wild hen, tortoise, sparrow, white *tittira*, old *ghṛitam*, pulse soup of *kulattha*, *peya*, *vilepī*, garlic pearls, *paṭola*, aubergine, *karkoṭa*, *kāravellaka*, unripe banana fruit, unripe radish, *punarnavā*, rock salt, *lodhra*, *triphalā* herbs and honey. The wise physician attending the patient should consider the helpful meals and measures above and instruct the patient accordingly.

क्रोधं शुचं मैथुनमश्रुवायुविण्मूत्रनिद्रावमिवेगरोधान् ।
सूक्ष्मेक्षणं दन्तविघर्षणञ्च स्नानं निशाभोजनमातपञ्च ।।२८१।।
द्रवं रजोधूमनिषेवणं च दृक्स्वेदनं चापि विरुद्धमन्नम् ।

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प्रजल्पनं चन्दनमम्बुपानं मधूकपुष्पं दधि वेत्रशाकम् ।।२८२।।
कालिन्दपिण्याकविरूढकानि मत्स्यंसुरांमांसमजाङ्गलं च ।
ताम्बूलमम्लं लवणं विदहि तीक्ष्णं कटूष्णं गुरु चान्नपानम् ।।२८३।।
नरो न सेवेत दिभिलाषी रोगेषु सर्वेषु दृगाश्रयेषु ।।२८४।।

281-284. Harmful meals and measures in treatment of eye diseases:

Harmful measures and meals in this connection include getting angry, sorrow, intercourse, crying with tears, holding calls of nature, sleeping and vomiting, eyeing the small items or letters, clenching the teeth, bathing, taking dinner at late hours, wondering or sitting under sun, getting exposed to the dust, smoke and liquids, rubbing eyes vigourously, eating incompatible foods, talking too much, vomiting, drinking excessive water, flowers of *madhuka*, curd, vegetable of *vetra* leaves, musk melon, *tilakuṭa* (a sweet preparation made out of fried sesame seeds and jaggery), fishes, liquor, meat of animals other than the wild ones, chewing betel pack, citrus, salty, sour, hot and heavy to digest edibles and the like.

इति भैषज्यरत्नावल्यां नेत्ररोगचिकित्साप्रकरणम् ।।६४।।
इति भैषज्यरत्नावल्यां 'विद्योतिनी' नामिकायां भाषाटीकायां नेत्ररोगचिकित्साप्रकरणम् ।।६४।।

End of the Chapter 64 of Bhaiṣajya Ratnāvalī with Commentary

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अथ शिरोरोगचिकित्साप्रकरणम् ६५

Chapter 65
Śiro Roga

वातिकशिरोरोगचिकित्सा–

वातिके शिरसो रोगे स्नेहस्वेदान् सनावनान् । पानान्नमुपनाहांश्च कुर्याद्वातामयापहान् ।।१।।

1. Treatment of *Vātika Śiro-Rāga*: In *vātika* type of head-disease, *snehana* (oleation), *svedana* (fomentation) and *nasya* (inhalation) therapies should be administered and the patient should be given such food, drinks, and ointments for external application (*upanāha*) as are alleviators of *vātika* diseases.

कुष्ठमेरण्डमूलं चलेपात् काञ्जिकयोजितम् । शिरोऽर्त्ति नाशयत्याशु चूर्णं वा मुचकुन्दजम् ।।२।।

2. Recipes: the *kalka* of *kuṣṭha* and the root of *eraṇḍa* prepared by triturating it along with *kānji* (a type of vinegar) or the paste of the flowers of *mucukunda* should be applied externally, which instantaneously cures headache.

पञ्चमूलीशृतं क्षीरं नस्यं दद्याच्छिरोगदे ।।३।।

3. *Nasya* (inhalation) Therapy: Milk boiled with *pañcamūla* (roots of *bilva*, *śyoṇāka*, *gambhārī*, *pāṭala* and *ganikarika*) should be used for *nasya* (inhalation) therapy in headache. Alliteratively, *pippalī*, rock salt, and *śunṭhī* should be used for *nasya* (inhalation) therapy.

शिरोबस्ति (च. द.)–

आशिरो व्यायतं चर्म कृत्वाऽष्टाङ्गुलमुच्छ्रितम् । तेनावेष्ट्य शिरोऽधस्तान्माषकल्केन लेपयेत् ।।४।।
निश्चलस्योपविष्टस्य तैलेरुष्णैः प्रपूरयेत् । धारयेदारुजः शान्तेर्यामं यामार्द्धमेव वा ।।५।।
शिरोबस्तिर्जयत्येष शिरोरोगं मरुद्भवम् । हनुमन्याऽक्षिकर्णार्त्तिमर्दितं मस्तकम्पनम् ।।६।।

4-6. *Śirobasti*: A leather cap, with both its ends open should be prepared of the size of the head of the patient. In height, it should be 16 *angulas*. This cap should be placed around the head. The inner space between the head and the cap should be smeared with the *kalka* of *māṣa*. With this cap on, the patient should sit motionless and the space inside the cap should be filled with lukewarm medicated oil. It should be retained for one or half *yāma* (one *yāma* = three hrs.) till the headache is over. This is called *Śirobasti* which cures *vātika* type of head-disease,

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pain in mandibles, *manyā* (sterno-masoid muscle), eyes and ears, facial paralysis and tremors in the head.

(Cakradatt)

तैलेनापूर्य मूर्द्धानं पञ्चमात्राशतानि च । तिष्ठेच्छलेष्मणि पित्तेऽष्टौ दश वाते शिरोगदी ।।
एष एव विधिः कार्यस्तथा कर्णाक्षिपूरणे ।।७।।

7. Time of Retaining *Śiro Basti*: Keeping the cap filled up with medicated oil, the *śiro basti* should be retained for 500 *mātrās* in *kaphaja* type of head-disease, for 800 *mātrās* in *pittaja* type of head-disease and for 1000 *mātrās* in *vātaja* type of head disewase. The above mentioned time-limit should be followed for *karṇa pūraṇa* (filling the ears with medicated oil) and for *aksi pūraṇa* (filling the eyes with medicated liquids). *Matra* is the unit of time required to pronounce a short vowel.

पैत्तिकशिरोरोगचिकित्सा–

पैत्ते घृतं पयः सेको शीतलेपाः सनावनाः । जीवनीयानि सर्पींषि पानान्नञ्चापि पित्तनुत् ।।८।।

8. In cases of *paittika roga*, one should be served with *ghṛitam* and milk and should treat the patient with cold *pariṣeka* or poultice, snuff (*nasya*), medicinal oil obtained from *kalka* or decoction of *jīvanīya* group of herbs and those edibles which have anti-*pitta* properties.

पित्तात्मके शिरोरोगे स्निग्धं सम्यगं् विरेचयेत् । मृद्वीकात्रिफलेक्षूणां रसैः क्षीरैर्घृतैरपि ।।९।।

9. Treatment of *Paittika Śiro-Roga*: In the *Paittika* Type of head-disease, first of all, *snehana* (oleation) therapy should be administered. Thereafter, *virecana* (purgation) therapy with the help of the juice or decoction of *mṛidvīka* and *triphalā*, sugar cane juice, milk or *ghṛitam* should be administered.

शतधौतघृताभ्यङ्गः शीतवातादिसेवनम् । शीतस्पर्शाश्च संसेव्याः सदा दाहात्तिशान्तये ।।१०।।

10. In order to treat burning sensation and pain, the patient should be pasted with *ghṛitam* that has been washed for more than 100 times, should enjoy cold breeze from hand fan made of the *uśīra* grass, sitting and sleeping on cool cushions made up of leaves of lotus and banana. One should touch the patient with the lotus, trunk of banana plant, *muktā*, *maṇi*, *mānika* and the like or make him wearing them as necklace.

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चन्दनोशीरयष्ट्याह्वबलाव्याघ्रनखोत्पलैः । क्षीरपिष्टैः प्रदेहः स्याच्छतैर्वा परिषेचनम् ।।११।।

11. *Candana*, *uśīra*, *madhu yaṣṭi*, *balā*, *vyāghranakha* and *utpala* should be made to a *kalka* by triturating them along with milk. This *kalka* should be applied over the head in *paittika* type of head-disease. The decoction of the above mentioned drugs might also be used for sprinkling over the head in this condition.

मृणालबिसशालूकचन्दनोत्पलकेशरैः । स्निग्धशीतैः शिरो दिह्यात्तद्वदामलकोत्पलैः ।।१२।।

12. *Mṛināla*, *bisa* (stems of lotus), *śālūka*, *candana* and *keśara* (pollen) of *utpala* should be made to a *kalka* by adding to it *ghṛitam* or cooling ingredients. Application of this *kalka* over the head cures *paittika* head-diseases, Similarly, application of the *kalka* of *āmalakī* and *utpala* over the head cures this ailment.

कफजशिरोरोगचिकित्सा–

कफजे लङ्घनं स्वेदो रूक्षोष्णैः पाचनात्मकैः । तीक्ष्णावपीडधूमाश्च तीक्ष्णोष्णकवडा हिताः ।।१३।।

13. Treatment of *Kaphaja Śiro-Roga*: In the *kaphaja* type of head disease, the patient should be given *langhaṇa* (fasting) therapy and *svedana* (fomentation) therapy with non-unctuous and hot drugs and with drugs which help in the *pācana* (cooking or metabolic transformation) of *doṣas*. *Avapīḍa* type of *nasya* (inhalation) therapy, *dhūpan* (smoking therapy) and *kavala* (gargling) therapy with drugs having sharp attributes (*uksna*) are useful in this condition.

कृष्णाब्दशुण्ठीमधुकशताह्वोत्पलपाकलैः । जलपिष्टैः शिरोलेपः सद्यः शूलनिवारणः ।।१४।।

14. *Kṛiṣṇā*, *abda*, *śunṭhī*, *madhuka*, *śatāhvā*, *utpala* and *pākala* (*kuṣṭha*) should be made to a *kalka* by triturating them along with water. Application of this *kalka* in the head instantaneously cures headache.

देवदारु नतं कुष्ठं नलदं विश्वभेषजम् । लेपः काञ्जिकसम्पिष्टस्तैलयुक्तः शिरोऽर्त्तिनुत् ।।१५।।

15. *Devadāru*, *tagara*, *kuṣṭha*, *nalada* and *śunṭhī* should be made to a *kalka* by triturating them along with *kānji*. By adding small quantity of oil, this *kalka* should be applied over the head for the cure of headache.

रक्तजशिरोरोगचिकित्सा (च. द.)–

रक्तजे पित्तवत्सर्वं भोजनालेपसेचनम् । शीतोष्णयोश्च व्यत्यासो विशेषो रक्तमोक्षणम् ।।१६।।

16. Treatment of *Raktaja Śiro-Roga*: In *raktaja* type of head-disease, diet, *alepa* (application of *kalka*) and *secana* (sprinkling of medicated liquids over the

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head) should be done on the line suggested above for *paittika* head-disease. Hot and cold therapies should be applied alternatively, and in this *raktaja* type of head-disease, blood-letting therapy is specifically indicated.

(Cakradatt)

त्रिदोषजशिरोरोगचिकित्सा (च. द.)–

सन्निपातभवे कार्या दोषत्रयहरा क्रिया । सर्पिष्पानं विशेषेण पुराणं त्वादिशान्ति हि ।।१७।।

17. Treatment of *Sannipātika* type of head-disease, therapies useful for all the three types of head-diseases, viz, *vātika*, *paittika* and *kaphaja*, should be administered. In this condition, drinking of old *ghṛitam* is specifically useful.

(Cakradatt)

त्रिकटुकपुष्कररजनीजीवकरास्नातुरङ्गगन्धानाम्। क्वाथः शिरोऽर्त्तिजालंनासापीतोनिवारयति।।१८।।

18. Decoction of *śunṭhī*, *pippalī*, *marica*, *puṣkaramūla*, *jīvaka*, *rajanī*(*haridrā*), *rāsnā* and *aśvagandhā* should be taken internally through the nose which cures different type of headache.

Take equal parts of the above mentioned ingredients and raise 25 gm. of their coarsely powdered mix. Decoct it along with water measuring 400 ml. till it is reduced to one fourth.

नतोत्पलं चन्दनकुष्ठयुक्तं शिरोरुजायां सघृतं प्रदेहः ।।१९।।
प्रपौण्डरीकं सुरदारुकुष्ठं यष्ट्याह्वमेला कमलोत्पलेच ।।२०।।
शिरोरुजायं सघृतः प्रदेहो लौहैरकापद्मकचोरकैश्च ।।२१।।

19-21. Obtain powders of *tagara*, *nīlakamal*, red sandalwood, *puṇḍarīka kāṣṭha*, *devadāru*, *kuṣṭha*, *madhuyaṣṭī*, cardamom, lotus, *nīlakamal*, *agar*, *erkā* (*gandhātriṇa*), *padmaka* and *coraka*. Compound these powders again with *ghṛitam* and apply as poultice (*lepa*) to get relief from *tṛidoṣaj śiroroga*.

क्षयजशिरोरोगचिकित्सा (च. द.)–

क्षयजे क्षयमासाद्य कर्त्तव्यो बृंहणो विधिः । पाने नस्ये च सर्पिः स्याद्वातघ्नैर्मधुरैः शृतम् ।।२२।।

22. Cases of *kṣayaj śiroroga* are treated by administering treatments used for curing *kṣaya*. For drinking and snuff, one should use medicinal oil obtained by cooking herbs and materials having anti-*vāta* properties.

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क्रिमिजशिरोरोगचिकित्सा (च. द.)–

क्रिमिजेव्योषनक्ताह्वशिग्रुबीजैश्च नावनम् । अजामूत्रयूतं नस्यं क्रिमिजित् परमं मतम् ।।२३।।

23. In cases of *kṛimij śiroroga*, snuff with *kalka* obtained by grounding seeds of *tṛikaṭu*, *karañja* and *śobhāñjana* in goat urine. Such snuff would help in killing the worms.

(Cakradatt)

सूर्यावर्त्ते विधातव्यं नस्यकर्मादिभेषजम् । पाययेत् सगुडं सर्पिर्घृतपूरांश्च भक्षयेत् ।।२४।।

24. In *sūryāvarta* disorder, one should have *śirolepa* and related treatments. One should be served with *guḍa* (raw sugar) mixed with *ghṛitam*. Apart from this, *ghṛitpūra* should also be served for eating.

सूर्यावर्त्ते शिरावेधो नावनं क्षीरसर्पिषा । हितः क्षीरघृताभ्यासस्ताभ्याञ्चैव विरेचनम् ।।२५।।

25. In *sūryāvarta*, venesection should be performed and the patient should be given *nasya* (inhalation) therapy along with milk and *ghṛitam*. Habitual intake of milk and *ghṛitam* is useful in this condition and the patient should be given *virecana* (purgation) therapy prepared of milk and *ghṛitam*. *Svedana* (fomentation) therapy should be given with the *kalka* of *tila* triturated with milk or with drugs belonging to *jīvanīya* group.

कृतमालपल्लवरसेखरमञ्जरिकल्कसिद्धनवनीतम्।नस्येन जयति नियतं सूर्यावर्त्तसुदुर्वारम् ।।२६।।

26. Obtain 1 litre (approx.) measure of juice of *āragvadha* leaves, 60 gm. measure of powdered *apāmārga* seeds and 240 ml. measure of butter. Combine them together and methodologically cook them to obtain *ghṛitam*. Snuff should be taken with *ghṛitam* to get relief from difficult and painful *sūryāvarta* disorder.

शारिवादिलेपः सूर्यावर्ते (च. द.)–

शारिवोत्पलकुष्ठानि मधुकं चाम्लपेषितम् । सर्पिस्तैलयुतो लेपः सूर्यावर्त्तार्धभेदयोः ।।२७।।

27. Compound *anantamūla*, *nīlakamal*, *kuṣṭha* and *madhuyaṣṭī* with *kānji* and little quantities of *ghṛitam* and sesame oil. Apply this oil thickly on head. Application of this oil would alleviate *sūryāvarta* and *ardhāvabhedak* disorders.

(Cakradatt)

सूर्यावर्त्तभवं बीजं तद्रसेन सुपेषितम् । वेदनानाशनो लेपः सूर्यावर्त्तार्द्धभेदयोः ।।२८।।

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28. Pulverize seeds of *sūryāvarta* with juice of its leaves. Apply the obtained *kalka* on head to get relief from *sūryāvarta* and *ardhāvabhedak* pain.

दशमूलीकषायन्तु सर्पिः सैन्धवसंयुतम् । नस्यमर्द्धावभेदघ्नं सूर्यावर्त्तशिरोऽत्तिजित् ।।२९।।

29. Take 24 gm. measure of *daśamūla* decoction and 1 gm. measure of *ghṛitam* along with 500 mg. of the powdered rock salt. Taking snuff of this preparation provides relief from *ardhāvabhedak* and *sūryāvarta* pains.

शिरीषमूलकबीजैरवपीडञ्च योजयेत् । अवपीडो हितो वा स्याद्वचापिप्पलिभिः कृतः ।।३०।।

30. Compound bark or seeds of *śirīṣa*, seeds of radish, *vacā* and *pippalī* along with water. Taking snuff from the resultant *kalka* is beneficial in alleviating *sūryāvarta* disorder.

जाङ्गलानि च मांसानि कारयेदुपनाहनम् । तेनास्य शाम्यति व्याधिः सूर्यावर्त्तः सुदारुणः ।।३१।।

31. Meat of animals dwelling in arid zone should be made to a *kalka*, and when hot, applied over the head (*upanāha*). This cures serious type of *sūryāvarta*.

शृङ्गराजरसश्छागक्षीरतुल्योऽर्कतापितः । सूर्यावर्त्तं निहन्त्याशु नस्येनैव प्रयोगराट् ।।३२।।

32. Mix equal parts of juice of *bhṛingarāja* and goat milk. Heat it by keeping under sun and ask the patient take snuff of the same. This also helps in curing *sūryāvarta* disorder. This is a proven treatment.

अर्द्धावभेदकचिकित्सा–

एष एव विधिः कृत्स्नः कार्यश्चार्द्धावभेदके ।।३३।।

33. The above mentioned recipes should be used for the treatment of *hemicrania* (*ardhāvabhedaka*).

पिबेत् सशर्करं क्षीरं नीरं वा नारिकेलजम् । सुशीतंवाऽपि पानीयं सर्पिर्वा नस्यतस्तयोः ।।३४।।

34. Intake of milk added with sugar or coconut-water is useful in headache. Similarly, *nasya* (inhalation) of cold water or *ghṛitam* is useful in this condition.

तिलात्कल्कं सन्लदं सक्षौद्रलवणान्वितम् । तेनास्य लेपयेच्छीर्षमर्द्धभेदं व्यपोहति ।।३५।।

35. Take the de-husked (*tuṣarahit*) black sesame and powder of *jaṭāmānsī* along with little quantity of rock salt and honey. Combine all these materials and

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compound them. Apply the resultant *kalka* thickly on temple and head to get relief from *ardhāvabhedaka* problem.

सविडङ्गं तिलं कृष्णं समं कृत्वा प्रपेषयेत् । नस्यकर्मणि दातव्यमर्द्धभेदं विनाशयेत् ।।३६।।

36. Take equal parts of *vāyaviḍanga* and black sesame seeds. Compound both these materials in water to obtain their juice. Taking snuff with this juice is helpful in checking *ardhāvabhedaka* problem.

दग्धचुल्लीमृत्तिकायाश्चूर्णं च मरिचस्य च । नस्यमर्द्धावभेदघ्नं सत्यं योगिमतं स्मृतम् ।।३७।।

37. Collect burnt soil powder from the earthen stove and powder of black pepper (both in equal parts). Taking snuff of this mix would definitely alleviate the problem of *ardhāvabhedaka* disorder.

प्रयोज्यं दारुगरलमर्द्धभेदप्रशान्तये । विरतौ तत्प्रयोक्तव्यं न प्रकोपे कदाचन ।।३८।।

38. Purified *sankhiya* in little quantity is to be served for relieving *ardhāvabhedaka* disease. It should be given after the first attack and before the second attack of *ardhāvabhedaka*, when the patient is in a disease free state. This treatment should not ever be carried out if the patient is suffering from *ardhāvabhedaka* problem.

अनन्तवातचिकित्सा (च. द.)–

अनन्तवाते कर्त्तव्यः सूर्यावर्त्तहितो विधिः । शिरावेधश्च कर्त्तव्योऽनन्तवातप्रशान्तये ।।३९।।
आहारश्च विधातव्यो वातपित्तविनाशनः । मधुमस्तकसंयावसर्पिः पूरैश्च यः क्रमः ।।४०।।

39-40. Treatment of *Ananta Vāta*: In *ananta vāta*, therapies prescribed for the treatment of *sūryāvarta* should be used. In addition venesection should be performed to cure this ailment. The patient should be given such food and drinks which are alleviators of *vāta* and *pitta*. Intake of honey, *mastu* (upper portion of curd), *samyavā* (gruel), *ghṛitam* and *guggulu* are useful in this condition.

(Cakradatt)

शङ्खकचिकित्सा–

सूर्यावर्ते हितं यत्तच्छङ्खके स्वेदवर्जितम् । क्षीरसर्पिः प्रशंसन्ति नस्तपानञ्च शङ्खके ।।४१।।

41. Treatment of *Śankhaka*: All the therapies, except *svedana* (fomentation), prescribed for the treatment of *sūryāvarta* are to be followed for *śankhaka*. In this

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aliment, intake of *ghṛitam* collected from milk is useful. This *ghṛitam* can also be used for *nasya* (inhalation) therapy.

शतावरीकृष्णतिलान् मधुकं नीलमुत्पलम् । दूर्वां पुनर्नवाञ्चापि लेहं साध्ववचारयेत् ।।४२।।

42. External application of the *kalka* of *śatāvarī*, black variety of *tila*, *yaṣṭi madhu*, *nīlotpala*, *dūrvā* and *punarnavā* is useful and should be given if the condition is curable.

शीततोयावसेकांश्च क्षीरसेकांश्च शीतलान् । कल्कैश्च क्षीरवृक्षाणां शङ्खकस्य प्रलेपनम् ।।४३।।

43. Intake of cold water, sprinkling of cooling liquids and external application of the *kalka* of the bark of trees belonging to *kṣīrīvṛikṣa* group (having milky-latex) are useful for *śankhaka*.

क्रौञ्चकादम्बहंसानां शरार्याः कच्छपस्य च । रसैः संबृंहितस्याथ तस्य शङ्खकसन्धिजाः ।।४४।।
ऊर्ध्वं तिस्रः शिराः प्राज्ञो भिन्द्यादेव न ताडयेत् ।।४५।।

44-45. The *śankhakha* disease may get aggravated due to taking meat-soups of such birds as *kraunca*, *kadamba*, swan, *śarārī* and *kacchapa*. In such cases, the three veins above the *śankhaka* joint should be subjected to blood-letting therapy. The vitiated blood may thus be removed. However, one should not use hammer like instrument in the context. There is a soft and vital place (*marma*) around the point. It may get fractured.

गिरिकर्णीफलरसं मूलञ्च नस्यमाचरेत्-। मूलं वा बन्धयेत् कर्णे शीघ्रं हन्ति शिरोव्यथाम् ।।४६।।

46. Inhaling juice of *aparājitā* fruit and its root and knotting root of *aparājitā* around *karṇamūla*, immediately alleviates *śankhakroga* generated headache.

नागरकल्कविमिश्रं क्षीरं नस्येनयोजितंपुंसाम् । नानादोषोद्भूतांशिरोरुजां हन्ति तीव्रतराम् ।।४७।।

47. Compound 4 gm. measure of *kalka* of dried ginger along with 192 ml. measure of milk. Filter the resultant and inhale the same. Such inhaling helps in curing headache caused due to various vitiations.

आर्द्रं यच्छुक्तिकाचूर्णं चूर्णितं नवसादरम् । उभयं योजितं तस्य गन्धान्नश्यति शीर्षरुक् ।।४८।।

48. Take equal parts of powdered *navasādara* and lime. Sprinkle a little water on it and put it in a glass bottle. Inhaling the smell of this compound immediately

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relieves one from headache. The bottle's mouth should be tightly closed, before and after inhaling the smell.

गुञ्जाकरञ्जबीजं च तयोःकल्को जले कृतः । मरिचैर्भृङ्गराजैश्च शीघ्रं हन्ति शिरोव्यथाम् ।।४९।।

49. Compound seed pulp of *guñjā* and *karañja* together. Similarly, compound black pepper and *bhṛingarāja*. Apply the *kalka*s to get immediate relief from headache.

क्षुद्रतीक्ष्णं तथा तीक्ष्णं स्नुहीक्षीरेण पेषयेत् । लेपनादस्य नश्यन्ति वेदनाः सर्वसंभवाः ।।५०।।

50. Compound black pepper and red pepper with latex of *snuhī*. Apply the *kalka* to get rid from all types of headache. This *kalka* is more useful-in cases of *śleśma* dominated *śiroroga*. This *kalka* should be removed in its wet condition after applying on body. A delay in this regard would even cause *śotha* or sores.

अर्धनारीश्वररसः–

वराटं टङ्कणं शुद्धं पञ्चभागसमन्वितम् । नवभागं मरीचस्य विषं भागत्रयं मतम् ।।५१।।
स्तन्येनवटिकांकृत्वानस्यं दद्याद्विचक्षणः । शिरोविकारान्विविधान् हन्ति श्लेष्मोत्तरानपि ।।५२।।

51-52. Ardhanarīśvara Rasa:

Ingredients: *Varāṭa bhasma*, purified borax, black pepper, *vatsanābha viṣa* and milk of women or of a cow.

Process of Drug-Making: Obtain 5 parts each of *varāṭa bhasma* and purified borax, 9 parts of powdered black pepper and powder of *vatsanābha viṣa* measuring 3 parts. Grind these materials along with milk of women or of a cow and prepare pills in measurement of 375 mg. each. Dry these pills.

Method of use/Administration: Rub these pills with water and inhale its smell.

Therapeutic benefits: The smell provides relief from various types of *śleṣma* generated headache.

चन्द्रकान्तरसः (र. सा. सं.)–

मृतसूताभ्रकं तीक्ष्णं ताम्रं गन्धं समं समम् । स्नुहीक्षीरैर्दिनं मर्द्यं भक्षयेद्रक्तिकोन्मितम् ।।५३।।
मधुना मर्दितं सेव्यं लौहपात्रे दिने दिने । सप्ताहात्सूर्यावर्त्तादीञ् शिरोरोगान् विनाशयेत् ।।५४।।

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53-54. Candrakānta Rasa:

Ingredients: *Pārada bhasma*, *rasa sindūra*, *abhraka bhasma*, *tīkṣana lauha bhasma*, *tāmra bhasma*, purified *gandhaka* and latex of *snuhī*.

Process of Drug-Making: Take equal parts of *pārada bhasma*, *rasa sindūra*, *abhraka bhasma*, *tīkṣana lauha bhasma*, *tāmra bhasma* and purified *gandhaka*. Triturate all these materials together with latex of *snuhī* for one day and prepare pills in measurement of 65 mg. each. Dry them.

Method of use/Administration: This medicine is to be consumed in daily for one week. Take one or two pills of this medicine in an iron jar and triturate it along with honey.

Therapeutic benefits: This medicine is helpful for curing the *sūryāvarta* and related headache.

(*Rasendra Sār Sangraha*)

शिरःशूलाद्रिवज्ररसः–

पलं रसं पलं गन्धं पलं लौहं पलं रविः । गुग्गुलोः पलचत्वारि तदर्द्धं त्रिफलारजः ।।५५।।
कुष्ठं मधु कणा शुण्ठी गोक्षुरं कृमिनाशनम् । दशमूलञ्च प्रत्येकं तोलकं परिकल्पयेत् ।।५६।।
क्वाथेन दशमूल्याश्च यथास्वं परिभावयेत् । घृतयोगेन कर्त्तव्या माषैकप्रमिता वटी ।।५७।।
छागीदुग्धानुपनेन पयसा मधुनाऽथवा । शिरःशूलाद्रिवज्रोऽयं चण्डनाथेन भाषितः ।।५८।।
एकजं द्वन्द्वजञ्चैव त्रिदोषजनितं तथा । वातिकं पैत्तिकं पूर्वं शिरोरोगं विनाशयेत् ।।५९।।

55-59. Śirāśūlādri Vajra Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, *lauha bhasma*, purified *guggulu*, mixed *triphalā* powder, *kuṣṭha*, *madhuyaṣṭī*, *pippalī*, dried ginger, *gokṣura*, *viḍanga*, powdered *daśamūla* herbs, decoction of *daśamūla* and honey.

Process of Drug-Making: Obtain the following materials: 50 gm. each of purified *pārada*, purified *gandhaka* and *lauha bhasma* along with purified *guggulu* (200 gm.), mixed *triphalā* powder (100 gm.), 12 gm. each of *kuṣṭha*, *madhuyaṣṭī*, *pippalī*, dried ginger, *gokṣura*, *viḍanga* and 500 gm. of powdered *daśamūla* herbs. Dissolve purified *guggulu* in decoction of *daśamūla* and impregnate all the other powders with this liquid. Later on triturate the mix for one whole day. Following this, pulverize the mix with little quantity of honey. Prepare pills measuring 1 gm. each. This *Śirāśūlādrivajra Rasa* has been propounded by Caṇḍanātha Ācārya.

Method of use/Administration: It should be consumed with milk and honey.

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Therapeutic benefits: It gives relief from *śiroroga* generated by *ekadoṣaj*, *dvidoṣaj*, *tṛidoṣaj*, *vātika* and *paittika*.

महालक्ष्मीविलासः (र. सा. सं.)–

लौहमभ्रं विषं मुस्तं फलत्रयकटुत्रयम् । धुस्तूरं वृद्धदारञ्च बीजमिन्द्राशनस्य च ।।६०।।
गोक्षुरकद्वयञ्चैव पिप्पलीमूलमेव च । एतत्सर्वं समं ग्राह्यं रसे धुस्तूरकस्य च ।।६१।।
भावयित्वा वटी कार्या द्विगुञ्जाफलमानतः । महालक्ष्मीविलासोऽयं शिरोरोगविनाशकः ।।६२।।

60-62. Mahālakṣmīvilāsa Rasa:

Ingredients: *Lauha bhasma*, *abhraka bhasma*, purified *vatsanābha*, *muṣṭaka*, *tṛiphalā*, *tṛikaṭu*, purified *dhatūra* seeds, *vṛiddhadāraka* seeds, purified *vijayā* powder, lesser *gokṣura*, *dakṣini gokṣura*, *pippalīmūla* and juice of *dhūstūra* leaves.

Process of Drug-Making: Take equal parts of *lauha bhasma*, *abhraka bhasma*, purified *vatsanābha*, *muṣṭaka*, *tṛiphalā*, *tṛikaṭu*, purified *dhatūra* seeds, *vṛiddhadāraka* seeds, purified *vijayā* powder, lesser *gokṣura*, *dakṣini gokṣura* and *pippalīmūla* (all in powdered form). Combine all the materials and impregnate the mix with juice of *dhūstūra* leaves. Triturate the same and prepare pills in measurement of 250 mg. each.

Therapeutic benefits: Consume this *Mahālakṣmīvilāsa Rasa* to get relief from *śiroroga*.

(*Rasendra Sār Sangraha*)

रसचन्द्रिका वटी (र. सा. सं.)–

त्रैलोक्यविजयाबीजं बीजमुन्मत्तकस्य च । कण्टकारीबीजकञ्च बीजं हैज्जलमेव च ।।६३।।
बीजञ्च वृद्धदारस्य समौ गन्धकपारदौ । आर्द्रकैर्वटिका कार्या गुञ्जाद्वितयसंमिता ।।६४।।
एषा तोयानुपानेन प्रातः खाद्या हिताशिना । चिरजं सर्वरोगञ्च सन्निपातं सुदारुणम् ।।६५।।
आमवातं शिरोरोगं मन्यास्तम्भं गलग्रहम् । ग्रहणी श्लीपदं हन्ति त्वन्त्रवृद्धि भगन्दरम् ।।६६।।
कामलां शोथपाण्डुत्वं पीनसार्शोगुदामयान् । वटिका चन्द्रिका नाम वासुदेवेन भाषित ।।६७।।

63-67. Rasacandrikā Vaṭī:

Ingredients: Seeds of purified of *vijayā*, *dhatūra*, *kaṇṭakārī*, *samudraphala*, *vṛiddhadāraka*, purified *pārada*, purified *gandhaka* and juice of ginger.

Process of Drug-Making: Take equal parts of seeds of purified of *vijayā*, *dhatūra*, *kaṇṭakārī*, *samudraphala* and *vṛiddhadāraka* along with purified *pārada* and purified *gandhaka* (also 12 gm. each). Triturate their mix with juice of ginger

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and prepare pills in measurement of 250 mg. each. Dry and preserve them in glass bottle.

Method of use/Administration: Consume this pill during morning hours with cold water.

Therapeutic benefits: This medicine cures all chronic problems, severe *sannipāta*, *āmavāta*, *śiroroga*, *manyāstambha*, *galagraha*, *sangrahaṇī*, *ślīpada*, *āntravṛiddhi*, *bhagandara*, jaundice, *śotha*, *pāṇḍu*, *pīnas*, *arśa* and all indispositions related to *guḍa*. This *Rasa Candrikā Vaṭī* has been prepared by Vāsudev Āchārya.

(*Rasendra Sār Sangraha*)

शिरोरोगहरो रसः (र. यो. सा.)–

रसं गन्धकमभ्रञ्च लौहं कर्षमितं पृथक् । स्वर्णं शाणमितं चैव दार्वाख्यं च विषं तथा ।।६८।।
भृङ्गराजाम्भसा सम्यङ् मर्दयित्वाविचक्षणः । रक्तिकार्द्धमिता कुर्याद्वटीश्चण्डांशुशोषिताः ।।६९।।
शिरोरोगहरो नाम रसोऽयं हरनिर्मितः । हरेत् सर्वशिरोरोगान् विरामे यदि सेवितः ।।७०।।

68-70. Śirorogāhara Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, *abhraka bhasma*, *lauha bhasma*, *svarṇa bhasma*, purified *viṣam* (aconite) and juice of *bhṛingarāja*.

Process of Drug-Making: One part each of purified *pārada*, purified *gandhaka*, *abhraka bhasma* and *lauha bhasma*, ¼ part each of *svarṇa bhasma* and purified *viṣam* (aconite). Triturate this mix along with juice of *bhṛingarāja* for three days. Prepare pills in measurement of 65 mg. each. Dry these pills in sun. The *Śirorogahar Rasa* medicine has been prepared by Har (probably Mahādeva or some Āchārya).

Therapeutic benefits: This medicine is capable of checking all types of *śirorogas*. If this medicine is consumed after the attack of *śirovedana* and getting relief, then this would check further attacks of *śiroroga*.

(*Ra. Yo. Sa.*)

शिरःशूलघ्नं नस्यम्–

नावनाच्चूर्णरूपेण कर्पूरः स्फटिकारिका । नासाऽस्रस्रुतिमार्त्तिं च शिरसो हन्त्यसंशयम् ।।७१।।
दशमूलीबलारास्नामधुकैस्त्रिपलैः सह ।

71. Inhaling smell of powders of alum and camphor provides relief from headache and it stops bleeding from nose.

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मयूराद्यं घृतम् (च. द.)–

दशमूलीबलारास्नामधुकैस्त्रिपलैः सह । मयूरं पक्षपित्तान्त्रशकृत्पादास्यवर्जितम् ।।७२।।
जले पक्त्वाघृतप्रस्थंतस्मिन्क्षीरसमं पचेत् । मधुरैःकार्षिकैः कल्कैः शिरोरोगार्दितापहम् ।।७३।।
कर्णनासाऽक्षिजिह्वाऽऽस्यगलरोगाविनाशनम् । मयूराद्यमिदं सर्पिरूर्ध्वजत्रुगदापहम् ।।७४।।
आखुभिः कुक्कुटैर्हंसैः शशैश्चापि हिबुद्धिमान् ।कल्केनानेन विपचेत् सर्पिरूर्ध्वगदापहम् ।।७५।।
दशमूलादिना तुल्यो मयूर इह गृह्यते । अन्ये त्वाकृतिमानेन मयूरग्रहणं विदुः ।।७६।।

72-76. Mayūrādya Ghṛitam:

Ingredients: *Mūrcchita ghṛitam*, herbs of *daśamūla* group, *balā* (roots), *rāsnā*, *madhuka*, meat of pea-cock (excluding its feathers, gall bladder, intestines, legs, stool and beak), *jīvanīya* group of herbs or *kākolyādi* group of herbs and cow milk.

Process of Drug-Making: Gather *mūrcchita ghṛitam* measuring 750 ml., 1400 gm. measure each of herbs of *daśamūla* group, *balā* (roots), *rāsnā* and *madhuka* and 1400 gm. measure of the meat of pea-cock (excluding its feathers, gall bladder, intestines, legs, stool and beak). Powder the above herbs and cook them together with peacock meat in water measuring 25 litre. Decoct the same till it is reduced to one eighth. Add to it *kalka*s of *jīvanīya* group herbs or *kākolyādi* group of herbs (each herb measuring 15 gm.) and cow milk measuring 750 ml. Cook the preparation again.

One can replace peacock meat by meat of rat or swan or of rabbit. The meat content should be equal to the weight of *daśamūla* herbs as well as *madhuka*, *rāsnā* and *balā* taken in the prescription. Other scholars suggest taking as much meat as one can obtain from one peacock.

Method of use/Administration: It should be taken in doses of 10-15 gm.

Therapeutic benefits: It cures headache and diseases of ears, nose, eyes, tongue, mouth and throat. This is called *Mayūra Ghṛitam*. It cures diseases of head and neck.

(Cakradatt)

मयूराद्यं घृतम् (च. द.)–

शतं मयूरमांसस्यदशमूलबलातुलाम् । द्रोणेऽम्भसःपचेत क्षुत्तवा तस्मिन् पादस्थिते ततः ।।७७।।
निषिच्य पयसो द्रोणं पचेत्तत्र घृताढकम् । प्रपौण्डरीकं वर्गोक्तैर्जीवनीयैश्च भेषजैः ।।७८।।
मेधाबुद्धिस्मृतिकरमूर्ध्वजत्रुगदापहम् । मायूरमेतन्निर्दिष्टं सर्वानिलहरं परम् ।।७९।।
मन्याकर्णशिरोनेत्ररुजाऽपस्मारनाशनम् । विषवातामयश्वासविषमज्वरकासनुत् ।।८०।।

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77-80. Mayūrādya Ghṛitam (Second Recipe):

Ingredients: *Mūrcchita* cow *ghṛitam*, cow milk, pure meat of peacock (removed of its feathers and the like materials), herbs of *daśamūla* group, root of *balā*, *puṇḍarīka kāṣṭha*, *jīvanīya* group of herbs and water.

Process of Drug-Making: First of all take *mūrcchita* cow *ghṛitam* measuring 3 kg. and 12.50 litre measure of cow milk.

Take pure meat of peacock (its feathers and the like materials removed) (4.670 kg.), all the 10 herbs of *daśamūla* group of herbs (4.670 kg. in combination, each taken in equal parts) and root of *balā* (4.670 kg.). Thickly ground them. Prepare decoction of meat with water measuring 12 litre. Keep decocting the preparation until the water is evaporated from the preparation.

Prepare *kalka* measuring 58 gm. each of the 12 herbs of the *jīvanīya* group of herbs and the *puṇḍarīka kāṣṭha*.

Now, combine all the materials and add to it water four times greater. Methodologically cook the preparation and obtain medicinal *ghṛitam* out of it. Filter the *ghṛitam* after the preparation is cooked.

Therapeutic benefits: This *Mahāmayūrādi Ghṛitam* promotes *medha*, intellect and memory. It cures *udharvtatru roga*, all types of *vāta* disorders, *manyāstambha*, *karṇaroga*, *śiroroga*, *netraroga*, *apasmāra*, *viṣadoṣ*, *vatavyadhia*, *śvāsa*, *viṣam jvara* and *kāsa*.

(Cakradatt)

षड्बिन्दुतैलम्–

एरण्डमूलं तगरं शताह्वाजीवन्ति रास्ना सह सैन्धवञ्च ।
शृङ्गविडङ्गमधुयष्टिका च विश्वौषधं कृष्णतिलस्यतैलम् ।।८१।।
आजं पयस्तैलविमिश्रितञ्च चतुर्गुणे भृङ्गरसे विपक्कम् ।
षड्बिन्दवो नासिकयोनिधेया निहन्ति शीघ्रं शिरसो विकारान् ।।८२।।
च्युतांश्च केशांश्चलितांश्च दन्तान् दुर्बद्धमूलांश्च दृढीकरोति ।
सुपर्णदृष्टिप्रतिमञ्च चक्षुर्बाह्वोर्बलञ्चाप्यधिकं ददाति ।।८३।।

81-83. Ṣaḍabindu Tailam:

Ingredients: *Mūrcchita* oil of the black variety of *tila*-seeds, goat's milk, juice of *bhṛingarāja*, *eraṇḍa* (roots), *tagara*, *śatāhvā*, *jīvantī*, *rāsnā*, rock salt, cinnamon bark, *vāyaviḍanga*, *yaṣṭimadhu* and *śunṭhī*.

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Process of Drug-Making: Obtain *mūrcchita* oil from the black variety of *tila*-seeds (3 litres), goat's milk (3 litres) and juice of *bhṛingarāja* (12 litres). Prepare *kalka* out of the following herbs taken in equal parts (i.e. 75 gm. each): *eraṇḍa* (roots), *tagara*, *śatāhvā*, *jīvantī*, *rāsnā*, rock salt, cinnamon bark, *vāyaviḍanga*, *yaṣṭimadhu* and *śunṭhī*. Cook the preparation thoroughly and obtain medicinal oil.

Method of use/Administration: Six drops of this medicated oil should be dropped into the nostrils and deeply inhaled.

Therapeutic benefits: It cures all the diseases of the head and the falling of hair; loose teeth become deep-rooted; the eye-sight becomes sharp like that of birds and it promotes the power of digestion.

दशमूलतैलं स्वल्पम्–

दशमूलक्वाथकल्कैस्तैलप्रस्थं विपाचयेत् । चतुर्गुणं पयो दत्तवा शनैर्मृद्वग्निना भिषक् ।।८४।।
दशमूलमिति ख्यातं शोथं हन्ति सुदारुणम् । नस्येनाकालपलितं ज्वरारोचकनाशनम् ।।
अभ्यङ्गैनैव सर्वञ्च शिरःशूलं विनाशयेत् ।।८५।।

84-85. Daśamūla Tailam:

Ingredients: Mustards (*mūrcchita*), cow milk, *daśamūla* and water.

Process of Drug-Making: Take 750 ml. of mustards (*mūrcchita*) and 3 litre of cow milk. Prepare decoction of *daśamūla* (3 kg.) in water (12 litres) till the original quantity is reduced to one fourth. Prepare *kalka* of powdered *daśamūla* and obtain the same in measure of 187 gm.

Combine all the materials and methodologically cook them to obtain medicinal oil.

Method of use/Administration: Use this oil for nasal therapy and for massage.

Therapeutic benefits: This *daśamūla* oil is capable of curing severe cases of *śotha* and all types of *śirahśūla*.

दशमूलतैलं स्वल्पम् (द्वितीयम)–

दशमूलीकषायेण अष्टाङ्गकल्कसंयुतम् । क्षीरञ्च द्विगुणं दत्त्वा तैलप्रस्थं विपाचयेत् ।।८६।।
शिरोऽर्त्तिं नाशयेदेतद् भास्करस्तिमिरं यथा । वातशूलं पित्तशूलं कफशूलं त्रिदोषजम् ।।८७।।
सूर्यावर्त्तमभिष्यन्दं जलदोषञ्च नाशयेत् । दशमूलमिदं तैलं शिरोरोगनिषूदनम् ।।८८।।

86-88. Daśamūla Tailam (Second Recipe):

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Ingredients: *Mūrcchita* mustard oil, *daśamūla* decoction, cow milk, *jīvaka*, *ṛiṣabhaka*, *medā*, *mahāmedā*, *ṛiddhi vṛiddhi*, *kākolī* and *kṣīrakākolī*.

Process of Drug-Making: Obtain *mūrcchita* mustard oil measuring 750 ml., 3 litre of *daśamūla* decoction, cow milk measuring 1500 ml., and *kalka* prepared out of *jīvaka*, *ṛiṣabhaka*, *medā*, *mahāmedā*, *ṛiddhi vṛiddhi*, *kākolī* and *kṣīrakākolī* each measuring 25 gm. Combine all these materials and methodologically cook them to obtain medicinal oil.

Method of use/Administration: Use this oil for nasal therapy and massaging.

Therapeutic benefits: This oil checks headache, *vātaśūla*, *tṛidoṣaj śūla*, *survavarta*, *abhṣayanda*, *jaladoṣa* and all *śirorogas*.

दशमूलतैलं केवलम्–

दशमूलक्वाथकल्कैः कटुतैलं विपाचयेत् । सन्निपातज्वरश्वासकासान् हन्ति सुदारुणान् ।।८९।।

89. Daśamūla Tailam (Third Recipe):

Ingredients: *Mūrcchita* mustard oil, *daśamūla* decoction and *kalka* of powdered *daśamūla*.

Process of Drug-Making: Obtain *mūrcchita* mustard oil measuring 750 ml., 3 litre of *daśamūla* decoction and 190 gm. measure of *kalka* of powdered *daśamūla*. Combine all these materials and methodologically cook them to obtain medicinal oil.

Therapeutic benefits: This oil checks severe *sannipāta* fever, *śvāsa* and *kāsa*.

दशमूलतैल् (मध्यमम्)–

दशमूलीकरञ्जश्चनिर्गुण्डीच जयन्तिका । धुस्तूरः षट्पलान् भागाञ् जलद्रोणे विपाचयेत् ।।९०।।
पादशेषेरसेतैलंकटुप्रस्थं विपाचयेत् । तत्कल्कान् दापयेत्तत्र भागान् षट् तोलकान् पृथक् ।।९१।।
वातश्लेष्मसमुद्भूतं शिरोरोगं व्यपोहति । कासं पञ्चविधं शोथं जीर्णज्वरमपोहति ।।९२।।
दशमूलमिदं तैलं शिरःकर्णाक्षिरोगनुत् । मन्यास्तम्भमन्त्रवृद्धिं श्लीपदं च विनाशयेत् ।।
दशमूलमिदं तैलमश्विभ्यां निर्मितं पुरा ।।९३।।

90-93. Daśamūla Tailam (Middle Level Recipe):

Ingredients: *Mūrcchita* mustard oil, decoction of *daśamūla* herbs (separately), root or seeds of *karañja*, root of *nirgundī*, leaves or *pañcānga* of *dhūstūra* and water.

Process of Drug-Making: Obtain *mūrcchita* mustard oil measuring 750 ml., decoction of *daśamūla* herbs (combined), root or seeds of *karañja*, root of

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nirgunḍī, leaves or *pañcānga* of *dhūstūra* each measuring 240 gm. prepared in water measuring 12.50 litre. Combine all these materials and add to it powders of *daśamūla* herbs measuring 240 gm. each. This *Madhyam Daśamūla Taila* was first prepared by Aśvinīkumārs.

Therapeutic benefits: This oil helps in curing *śiraśūla* generated due to *vāta* and *kapha*, five types of coughs, *śotha*, *jīrṇajvara*, *śiroroga*, *karṇaroga*, *netraroga*, *manyāstambha*, *āntravṛiddhi* and *ślīpada*.

दशमूलतैलम् (बृहद्)–

पञ्च पञ्चपलं नीत्वा पञ्चमूलीयुगात् पृथक् । विपाचयेज्जलद्रोणे चाष्टभागावशेषितम् ।।९४।।
आर्द्रकस्य रसप्रस्थं निर्गुण्ड्यास्तत्समं भवेत् । त्र्यूषणञ्च पञ्चकोलं जीरकद्वयसर्षपम् ।।९५।।
सैन्धवञ्च यवक्षाएं त्रिवृता च निशाद्वयम् । तोयञ्च द्विगुणं दत्त्वा कल्कमक्षसमं विदुः ।।९६।।
सर्वैरिभिः पचेत्तैलं शिरोरोगं व्यपोहति । ऊर्ध्वजत्रुगरोगघ्नं वातश्लेष्मगदापहम् ।।९७।।
एकजे द्वन्द्वजे चैव तथैव सान्निपातिके । अर्द्धविभेदके चैव सूर्यावर्त्ते प्रशस्यते ।।
पानाभ्यञ्जननस्ये च कर्णरोगे च शस्यते ।।९८।।

94-98. Daśamūla Tailam (Major Recipe):

Ingredients: *Mūrcchita* oil, *daśamūla* herbs (separately), ginger (juice of leaves or root), *nirgunḍī* (juice of leaves or root), *kalka* of *pippalī*, *pippalīmūla*, *cavya*, *citraka*, dried ginger, *marica*, *pippalī*, white cumin, black cumin, mustard, rock salt, *yavakṣāra*, *niśotha*, *haridrā*, *dāruharidrā* and water.

Process of Drug-Making: Prepare decoction of *daśamūla* herbs (separately) (60 gm. each). Decoct them along with water measuring 12.50 litre until their original quantity is reduced to one fourth. Also, get decoctions measuring 750 ml. each of ginger (juice of its leaves or its root) and *nirgunḍī* (juice of leaves or its root) as well as *mūrcchita* oil also measuring 750 ml.

Prepare *kalka* of *pippalī*, *pippalīmūla*, *cavya*, *citraka*, dried ginger, *marica*, *pippalī*, white cumin, black cumin, mustard, rock salt, *yavakṣāra*, *niśotha*, *haridrā* and *dāruharidrā* (12 gm. each)

Combine all the materials and add to it water (twice the quantity of the preparation). Methodologically cook the preparation and obtain medicinal oil out of it.

Method of use/Administration: In cases of the *karṇaroga*, one should use it as a drink, for massaging and through nasal therapy.

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Therapeutic benefits: This *Daśamūla Tail* cures *śṛīroga*, *udharvjatru roga*, disorders of *vāta* and *śleṣma*, disorders generated due to *ekadoṣa* and *dvidoṣaj*, *sannipātika* disorders, *ardhāvbhedak*, *sūryāvarta*.

दशमूलतैलम् वृहद् (द्वितीयम्)–

दशमूलीशतं ग्राह्यं तथा धुस्तूरकस्य च । शतं पुनर्नवायाश्च निर्गुण्ड्याश्च शतं तथा ।।९९।।
एतैः कषायैर्विपचेत्कटुतैलाढकं भिषक् । वासा वचा देवदारु शटी रास्ना सयष्टिका ।।१००।।
मरिचं पिप्पली शुण्ठीकारवी कट्फलं तथा । करञ्जशिग्रुकुष्ठं चचिञ्चाचवनशिम्बिका ।।१०१।।
चित्रकञ्चपृथग्भागान्दत्त्वा चैषांपलोन्मितान् । श्लैष्मिकंसन्निपातोत्थंवातश्लेष्मोद्भवंतथा ।।१०२।।
कर्णशूलं शिरःशूलं नेत्रशूलञ्च दारुणम् । निहन्ति दशमूलाख्यं तैलमेतन्न संशयः ।।१०३।।

99-103. *Daśamūla Tailam* (*Second Major Recipe*):

Ingredients: *Mūrcchita* mustard oil, separate decoctions of *daśamūla* herbs (mixed), *pañcānga* of *dhūstūra*, root of *punarnavā*, root of *nirgunḍī*, water, *kalka* of *pañcānga* of *aḍuṣā*, *vacā*, *devadāru*, *karcūra*, *rāsnā*, *madhuyaṣṭī*, black pepper, *pippalī*, dried ginger, black cumin seeds, *kaṭphala*, *karañja* seeds, bark of *śobhāñjana*, *kuṣṭha*, bark of tamarind, root of *śimbikā* and bark of *citraka*.

Process of Drug-Making: First of all take *mūrcchita* mustard oil measuring 3 litre.

Prepare separate decoctions of *daśamūla* herbs (combined), *pañcānga* of *dhūstūra*, root of *punarnavā*, and root of *nirgunḍī* (each measuring 4670 gm.). Decoct each decoction with 72 litre measure of water, until its original quantity is reduced to one fourth.

Prepare *kalka* of *pañcānga* of *aḍuṣā*, *vacā*, *devadāru*, *karcūra*, *rāsnā*, *madhuyaṣṭī*, black pepper, *pippalī*, dried ginger, black cumin seeds, *kaṭphala*, *karañja* seeds, bark of *śobhāñjana*, *kuṣṭha*, bark of tamarind, root of *śimbikā* and bark of *citraka* (each measuring 50 gm.).

Combine all the materials and methodologically cook the preparation to obtain medicinal oil.

Therapeutic benefits: This oil cures disorders generated due to *kapha*, *sannipātika* and *vāta śleṣmā* and severe pains of ears, head and eyes.

दशमूलतैलम् (महत्)–

दशमूलं पलशतं जलद्रोणे विपाचयेत् । तेन पादावशेषेण कटुतैलाढकं पचेत् ।।१०४।।
जम्बीरार्द्रकधुस्तूरस्वरसं तैलतुल्यतः । कल्कः कणाऽमृता दार्वी शतपुष्पा पुनर्नवा ।।१०५।।
शिग्रु पिप्पलिकातिक्ताकरञ्जंकृष्णजीरकम् । सिद्धार्थकंवचाशुण्ठीपिप्पलीचित्रकं शटी ।।१०६।।

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देवदारु बला रास्नासूर्यावर्त्तककट्फलम् । निर्गुण्डीचविकागैरि ग्रन्थिकं शुष्कमूलकम् ।।१०७।।
यमानी जीरकं कुष्ठमजमोदा च ताडकम् । एतेषां पलिकैर्भागैर्विपचेन्मतिमान् भिषक् ।।१०८।।
हन्तिश्लेष्माणमभ्यङ्गात्पानात्कासंव्यपोहति। निन्तिविविधान्व्याधीन्कफवातसमुद्भवान् ।।१०९।।
शिरोमध्यगतान् रोगाञ् शोथान् हन्ति व्रणानपि ।।११०।।

104-110.Daśamūla Tailam (Third Major Recipe):

Ingredients: *Daśamūla* herbs, water, juices of *jambira*, ginger and leaves of *dhattūra*, *kalka* of *pippalī*, *guḍūcī*, *dāruharidrā*, aniseeds, *punarnavā*, bark of *śigru*, *gajapippalī*, *kaṭukī*, *karañja* seeds, black cumin seeds, white mustard, *vacā*, dried ginger, *pippalī*, bark of *citraka*, *karcūra*, *devadāru*, root of *balā*, *rāsnā*, *sūryāvarta*, *kaṭphala*, root of *nirgunḍī*, *cavya*, *gairika*, *pippalīmūla*, dried radish, caraway seeds, white cumin seeds, *kuṭaja*, *ajamodā* and *vṛiddhadāraka* seeds.

Process of Drug-Making: Prepare decoction of 4670 gm. measure of *daśamūla* herbs (thickly pulverized) in water measuring 12.50 litre. Decoct the decoction until its original quantity is reduced to one fourth.

Collect juices of *jambira*, ginger and leaves of *dhattūra* (each measuring 3 litres).

Prepare *kalka* of *pippalī*, *guḍūcī*, *dāruharidrā*, aniseeds, *punarnavā*, bark of *śigru*, *gajapippalī*, *kaṭukī*, *karañja* seeds, black cumin seeds, white mustard, *vacā*, dried ginger, *pippalī*, bark of *citraka*, *karcūra*, *devadāru*, root of *balā*, *rāsnā*, *sūryāvarta*, *kaṭphala*, root of *nirgunḍī*, *cavya*, *gairika*, *pippalīmūla*, dried radish, caraway seeds, white cumin seeds, *kuṭaja*, *ajamodā* and *vṛiddhadāraka* seeds (each measuring 50 gm.).

Combine all the materials and methodologically cook the preparation to obtain medicinal oil.

Method of use/Administration: Use this oil for massaging.

Therapeutic benefits: This oil cures disorders generated due *śleṣma*. If taken with milk it cures *kāsa* (coughs), various disorders of *kapha* and *vāta*, *śiroroga*, *śotha* and *vraṇa*.

दशमूलतैलम्–

दशमूलक्वाथकल्काभ्यां निर्गुण्डीरससंयुतम् । कटुतैलं समादाय पचेत्प्रस्थं भिषग्वरः ।।१११।।
सन्निपातं हरेदेतच्छिरोरोगं तथैव च । अस्थिसन्धिकफप्रायान् रोगान् हन्ति न संशयः ।।११२।।

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111-112. Daśamūla Tailam (Fourth Recipe):

Ingredients: *Mūrcchita* mustard oil, *daśamūla* herbs, juice or decoction of *nirgunḍī* leaves and *kalka* of powdered *daśamūla* herbs.

Process of Drug-Making: Take *mūrcchita* mustard oil measuring 750 ml., 3 litre each of methodologically prepared decoction of *daśamūla* herbs and juice or decoction of *nirgunḍī* leaves and 187 gm. measure of *kalka* of powdered *daśamūla* herbs.

Combine all the materials and methodologically cook the preparation to obtain medicinal oil.

Therapeutic benefits: It alleviates *sannipāta*, *śiroroga*, *asthivikāra*, *asthisindhi śūla*, *śotha* and *kapha* disorders.

अपामार्गतैलम् (क्रिमिजशिरोरोगे)–

अपामार्गफलव्योषनिशाक्षवकरामठैः । सविडङ्गं श्रृतं मूत्रै तैलं नस्यं क्रिमिं जयेत् ।।११३।।

113. Apāmārga Tailam:

Ingredients: *Mūrcchita* oil, seeds of *apamaraga*, *tṛikaṭu* herbs (*śunṭhī*, *pippalī* and *marica*) *haridrā*, *kṣavaka*, *hingu*, *viḍanga* and cow's urine.

Process of Drug-Making: Get *mūrcchita* oil (750 ml.) cooked by adding seeds of *apamaraga*, *tṛikaṭu* herbs (*śunṭhī*, *pippalī* and *marica*) *haridrā*, *kṣavaka*, *hingu*, *viḍanga* (23 gm. each) and cow's urine (3 litres).

Method of use/Administration: Use it through *nasya* (inhalation) therapy.

Therapeutic benefits: It cures parasitic infestation.

कनकतैलम्–

कनकार्कबला दूर्वा वासको वैजयन्तिका । निर्गुण्डीपूतिकाभार्गीशाखोटकपुनर्नवाः ।।११४।।
बदरीविजयापत्रं श्रीफलं बृहती तथा । चित्रकञ्च स्नुहीमूलमग्निमन्थी व्यडम्बकम् ।।११५।।
त्रिवृद्भण्डी गोमठी च पत्रमारग्वधस्य च । प्रत्येकं द्विपलञ्चैषां गृह्णीयात्तत्क्षणादपि ।।११६।।
जलद्रोणे विपक्तव्यं यावत्पादावशेषितम् । प्रस्थञ्च कटुतैलस्य पाचयेत्तीव्रवह्निना ।।११७।।
द्रव्याण्येतानिसर्वाणिकल्कितानिप्रदापयेत् । चक्षुःशूलं शिरःशूलं श्लीपदं मांसरक्तजम् ।।११८।।
आमावतञ्च हृच्छूलं वृद्धिञ्च गलगण्डकम् । शोथं बाधिर्य्यमुदरं कासं हन्ति न संशयः ।।११९।।
दूर्वायां पतितेबिन्दौशुष्कतांयाति तत्क्षणात् । कनकाख्यमिदं तैलं कफरोगकुलान्तकम् ।।१२०।।

114-120. Kanaka Tailam:

Ingredients: *Dhūstūra* leaves, leaves of *arka*, root of *balā*, *dūrvā*, bark of *aḍuṣā*, *jayantī* leaves, leaves or root bark of *nirgunḍī*, *karañja* seeds, *bhārgī*, bark

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of *śākhoṭaka*, root of *punarnavā*, leaves of *badarī*, leaves of *vijayā*, bark of *bilva's* root, root of bigger *vyāghrī*, root of *eraṇḍa*, bark of *citraka*, root of *snuhī*, bark of *araṇī*, root of *eraṇḍa*, *niśotha*, *trāyamāṇā*, *pippalī*, *āragvadha* and water.

Process of Drug-Making: Prepare separate decoctions of thickly pulverized *dhūstūra* leaves, leaves of *arka*, root of *balā*, *dūrvā*, bark of *aḍuṣā*, *jayantī* leaves, leaves or root bark of *nirgunḍī*, *karañja* seeds, *bhārgī*, bark of *śākhoṭaka*, root of *punarnavā*, leaves of *badarī*, leaves of *vijayā*, bark of *bilva's* root, root of bigger *vyāghrī*, root of *eraṇḍa*, bark of *citraka*, root of *snuhī*, bark of *araṇī*, root of *eraṇḍa*, *niśotha*, *trāyamāṇā*, *pippalī* and *āragvadha* (100 gm. each). Decoct each material in water measuring 12.50 litre and decoct it until the original quantity is reduced to one fourth.

Prepare a *kalka* measuring 190 gm. by separating the above materials used for decoctions.

Combine all the materials. Methodologically cook the preparation and obtain medicinal oil.

Therapeutic benefits: This *Kanaka Taila* cures *cakṣuśūla*, *śiraśūla*, *ślīpada* of flash and blood, *āmavāta*, heartache, *antrandādi vṛidhi*, *galagaṇḍa*, *śotha*, *bādhirya*, problems related to gastro intestinal tract and coughs. A single drop of this oil is enough to cure *dūrvā*. And this oil definitely cures the group of *kapha*-generated disorders.

कनकतैलम् (महत्)–

कनकस्य रसप्रस्थं प्रस्थं वर्षाभुवस्तथा । निर्गुण्डीस्वरसप्रस्थं दशमूलरसस्य च ।।१२१।।
पारिभद्ररसप्रस्थं प्रस्थं वरुणकस्य च । तैलप्रस्थं समादाय भिषग्यत्नाद्विपाचयेत् ।।१२२।।
कल्कैरर्द्धपलैरेतैः शुण्ठीमरिचसैन्धवैः । पुनर्नवाकर्कटकशेलुत्वक्पिप्पलीयुगैः ।।१२३।।
तत्साधुसिद्धं विज्ञाय शुभे पात्रे निधापयेत् । वातश्लेष्मकृतं सर्वमामावातं भगन्दरम् ।।१२४।।
सन्निपातभवं रोगं शोथमाशु विनाशयेत् । ये केचिद् व्याधयः सन्ति श्लैष्मिकाः सान्निपातिकाः ।।
तान् सर्वान्नाशयत्याशु सूर्यस्तम इवोदितः ।।१२५।।

121-125. Kanaka Tailam (Major Recipe):

Ingredients: *Mūrcchita* mustard oil, separate juices of *arka* leaves, *punarnavā* leaves or its *pañcānga*, *nirguṇḍī* leaves, decoction of *daśamūla*, decoction of *pāribhadra's*, bark or juice of its leaves, bark of *varuṇa*, *kalka* of dried ginger, *marica*, rock salt, *santhi*, *karkaṭaśṛingī*, bark of *śelutvaka*, *pippalī* and *gajapippalī*.

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Process of Drug-Making: Obtain 750 ml. each of *mūrcchita* mustard oil, separate juices of *arka* leaves, *punarnavā* leaves or its *pañcānga* and *nirguṇḍī* leaves, decoction of *daśamūla*, decoction of *pāribhadra's* bark or juice of its leaves and bark of *varuṇa*. Prepare *kalka* of dried ginger, *marica*, rock salt, *santhi*, *karkaṭaśṛingī*, bark of *śelutvaka*, *pippalī* and *gajapippalī* (23 gm. each in powdered form).

Combine all the materials. Methodologically cook the preparation and obtain medicinal oil in a glass jar.

Therapeutic benefits: This oil is like a sun, which clears darkness-caused by *vāta*, *śleṣma*, and *sannipātika āmavāta*. It also checks *bhagandara*, *sannipātika śotha* and disorders of *śleṣma* and *sannipātika* (especially the *śotha*, *śūla*).

रुद्रतैलम्–

जैपालद्रोणधुस्तूरशिग्रुशकाशनस्य च । सूर्यावर्त्तस्य सूर्यस्य पत्राणां स्वरसं पृथक् ।।१२६।।
जम्बीरशृङ्गवेरस्य रसं दत्त्वा समं समम् । कटुतैलस्य पात्रन्तु शोधयित्वा पचेद् भिषक् ।।१२७।।
रजनीद्वयमञ्जिष्ठाकट्फलं कृष्णाजीरकम् । त्रिकटु पिप्पलीमूलं शारिवे द्वे विडङ्गकम् ।।१२८।।
रास्ना दारु बला निम्बं मुस्तकं चन्दनं तथा । परशू द्वौ स्नुहीमूलमूर्वाऽपामार्गमूलकम् ।।१२९।।
स्वरसद्रव्यमेतेषां कल्कं दत्त्वा तु पादिकम् । मृत्पात्रे सुदृढे चैव पाचयेत्तीव्रवह्निना ।।१३०।।
बलासमूर्ध्वगञ्चैव नाशयेत् त्रिदिनाद् ध्रुवम् । मुखनासक्षिरोगांश्च कफशोणितसंस्त्रवान् ।।१३१।।
शिरोरोगंसन्निपातंश्लीपदं गलगण्डकम् । अभ्यङ्गान्नाशयेदेतान् पानात् कासं व्यपोहति ।।१३२।।
कालाग्निरुद्रसंप्रोक्तं रुद्रतैलमिदं पुरा ।।१३३।।

126-133. Rudra Tailam:

Ingredients: *Mūrcchita* mustard oil, decoction of *dantī* root, decoction of *droṇapuṣpī*, juice of *dhatūra* leaves, decoction of *śobhāñjana's* bark, decoction of *vijayā*, decoction of *sūryāvarta*, juice of *arka* leaves, juice of *jambīra* lemon, juice of ginger, *kalka* of *haridrā*, *dāruharidrā*, *manjiṣṭhā*, *kaṭphala*, black cumin seeds, dried ginger, *marica*, *pippalī*, *pippalīmūla*, white *śārivā*, black *śārivā*, *vāyaviḍanga*, *rāsnā*, *devadāru*, root of *balā*, leaves of *nimba* or its bark, *mustā*, white sandalwood, both types of *paraśu*, root of *snuhī*, *mūrvā* and root of *apāmārga*.

Process of Drug-Making: Obtain 3 litre each of *mūrcchita* mustard oil, decoction of *dantī* root, decoction of *droṇapuṣpī*, juice of *dhatūra* leaves, decoction of *śobhāñjana's* bark, decoction of *vijayā*, decoction of *sūryāvarta*, juice of *arka* leaves, juice of *jambīra* lemon and juice of ginger. *Kalka* of *haridrā*, *dāruharidrā*, *manjiṣṭhā*, *kaṭphala*, black cumin seeds, dried ginger, *marica*,

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pippalī, *pippalīmūla*, white *śārivā*, black *śārivā*, *vāyaviḍanga*, *rāsnā*, *devadāru*, root of *balā*, leaves of *nimba* or its bark, *mustā*, white sandalwood, both types of *paraśu*, root of *snuhī*, *mūrvā*, root of *apāmārga* (35 gm. each). Obtain *kalka* of all the above mentioned herbs measuring 750 gm. and cook the preparation in a strong earthen pitcher or a metal pan, over a strongly heated stove.

Method of use/Administration: Use this oil for massage or take two to four drops to cure *kāsa* (coughs).

Therapeutic benefits: This medicinal oil cure within three days or even earlier all the *kapha* related indispositions of *urdhavajatru* (upper part of body). Taking massage through this medicinal oil cures one of various diseases connected to mouth, ears, eyes as well as hair. It also cures discharge of *kapha*, blood and such ailments as *sannipāta*, *ślīpada* and *galagaṇḍa*. Taking two to four drops of this medicinal oil cures the *kāsa* (coughs). The preparation was propounded by Rudra, hence its name *Rudra Tailam*.

तप्तराजतैलम् (प्रथमम्)–

लवलीनां रसप्रस्थं शिग्रुधुस्तूरयोस्तथा । वासकस्य रसप्रस्थं तथा निर्गुण्डिकार्कयोः ।।१३४।।
दशमूलरसप्रस्थं करञ्जबलयोस्तथा । पृथगेतैः पचेद्धीमांस्तैलप्रस्थञ्च सार्षपम् ।।१३५।।
कल्कैःकणाबलाशुण्ठीपिप्पलीमूलचित्रकम् । कट्फलंकनकंचव्यं जीरकं शतपुष्पिका ।।१३६।।
पुनर्नवा हरिद्रा च देवदारु च लाङ्गली । शुष्कमूलककुष्ठञ्च यासकं कृष्णजीरकम् ।।१३७।।
स्नुह्यर्कक्षीरं जैपालमूलं नागदलं तथा । विडङ्गं सैन्धवं क्षीरं चन्दनं शिग्रुमुत्पलम् ।।१३८।।
मरिचंमधुकंरास्नाशृङ्गीव्याघ्रीवरुणकम् । एतेषांकाषिकैः कल्कैर्विपचेत्पाकविद् भिषक् ।।१३९।।
अभ्यङ्गाच्छलैष्मिकं हन्ति पानात्कासंव्यपोहति । श्वयथुञ्चोदरं शूलं शिरोरोगं सुदुस्तरम् ।।१४०।।
शिरःशूलं नेत्रशूलं कर्णशूलञ्च दारुणम् । त्रयोदशसन्निपातान् वातश्लेष्मगलग्रहान् ।।१४१।।
एकजं द्वन्द्वजं चैव तथैव सान्निपातिकम् । सर्वशोथं निहन्त्येव ज्वरं प्लीहानमेव च ।।१४२।।
श्लेष्मरोगं निहन्त्याशु भास्करस्तिमिरं यथा । तप्तराजमिदं तैलमूर्ध्वजत्रुगदापहम् ।।१४३।।

134-143. Taptaraja Tailam (First Recipe):

Ingredients: *Mūrcchita* mustard oil, juice of *lavalīna* fruits or decoction of its barks, decoction of *śigru* barks, juice of *dhatūra* leaves, juice of *aḍuṣā* leaves, juice of *nirgunḍī* leaves, juice of *arka* leaves, decoction of *daśamūla* herbs, juice of *karañja* leaves or decoction of its roots and seeds, juice of *balā*, *pippalī*, *balā*, *śunṭhī*, *pippalīmula*, *citraka* roots, *kaṭphala*, *dhatūra* leaves, *cavya*, cumin seeds, aniseeds, *punarnavā*, *haridrā*, *devadāru*, *lāngalī*, dried radish, *kuṣṭha*, *yavāsā*, black cumin seeds, latex of plant *snuhī*, latex of plant *arka*, roots of *dantī*, *nāgadala*, *vāyaviḍanga*, rock salt, *yavakṣāra*, white sandalwood, *śigru* barks,

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nīlakamal, black pepper, *madhuka*, *rāsnā*, *śṛīngī*, *vyāghrī* and *varuṇa* (bark powder).

Process of Drug-Making: Obtain *mūrcchita* mustard oil, juice of *lavalīna* fruits or decoction of its barks, decoction of *śigru* barks, juice of *dhatūra* leaves, juice of *aḍuṣā* leaves, juice of *nirgunḍī* leaves, juice of *arka* leaves, decoction of *daśamūla* herbs, juice of *karañja* leaves or decoction of its roots and seeds and juice of *balā* (each measuring 750 ml.). For preparing *kalka* to be used in this recipe, take about 12 gm. measure each of the following: *pippalī*, *balā*, *śunṭhī*, *pippalīmula*, *citraka* roots, *kaṭphala*, *dhatūra* leaves, *cavya*, cumin seeds, aniseeds, *punarnavā*, *haridrā*, *devadāru*, *lāngalī*, dried radish, *kuṣṭha*, *yavāsā*, black cumin seeds, latex of plant *snuhī*, latex of plant *arka*, roots of *dantī*, *nāgadala*, *vāyaviḍanga*, rock salt, *yavakṣāra*, white sandalwood, *śigru* barks, *nīlakamal*, black pepper, *madhuka*, *rāsnā*, *śṛīngī*, *vyāghrī* and *varuṇa* (bark powder). Based on the above liquids and *kalka*s, one should properly cook the medicinal oil.

Method of use/Administration: Taking massage with this oil one can cure *śotha* generated due to *kapha*, *colic* pain and the like. Taking two to four drops of this oil cures *kāsa* (coughs).

Therapeutic benefits: This medicinal oil can cure one of *śotha*, problems related to gastro intestinal tract, *colic* pain, severe kinds of headache, head pain, pain in the eyes, pain in the ears, 13 types of *sannipāta*, *galagraha* caused due to *vāta* and *śleṣma* and *śotha* caused due to one, two or all the three *doṣas*, fever, enlargement of spleen, indispositions related to *kapha* and all kinds of diseases located in the upper part of the body. This medicinal oil is as effective in curing the diseases as the sun in removing darkness.

तप्तराजतैलम् (द्वितीयम्)–

धुस्तूरं पूतिकं पीता जयन्तीसिन्धुवारकम् । शिरीषं हिज्जलं शिग्रु दशमूलं समं भवेत् ।।१४४।।
प्रस्थं प्रस्थं समादाय कटुतैलं समांशकम् । जलद्रोणे विपक्तव्यं ग्राह्यं पादावशेषितम् ।।१४५।।
गोमूत्रञ्चाढकं दत्त्वा शनैर्मृद्वग्निना पचेत् । मदनं त्र्यूषणं कुष्ठमजाजी विश्वभेषजम् ।।१४६।।
कट्फलं वरुणं मुस्तं हिज्जलं बिल्वमेव च । हरितालं जपापुष्पममृतं कुटकी तथा ।।१४७।।
कर्कटं चन्दनं शिग्रु यमानी व्याघ्रपादपि । एतेषां कार्षिकैर्भागैः समभागं प्रकल्पयेत् ।।१४८।।
तप्तराजमिति ख्यातं महोदेवेन निर्मितम् । सन्निपातं महाघोरं शिरोरोगं महत्तरम् ।।१४९।।
शिरःशूलं नेत्ररोगं कर्णशूलञ्च दारुणम् । ज्वरं दाहं महाघोरं स्वेदञ्चैव महत्तरम् ।।१५०।।
कामलां पाण्डुरोगञ्च हलीमकमपीनसम् । त्रयोदश सन्निपातान् हन्ति सद्योन संशयः ।।१५१।।

144-151. Taptarāja Tailam (Second Recipe):

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Ingredients: *Mūrcchita* oil of mustard seeds, cow urine, *dhatūra* (all the five parts of it), *karañja* seeds, *haridrā*, *jayantī patra*, *nirgundī patra*, *śirīṣa* bark, *samudra phala* (*hijjala*), *śigru* barks, *daśamūla* herbs, water, *madanaphala*, *tṛikaṭu*, *kuṣṭha*, white cumin seeds, dried ginger, *kaṭphala*, *varuṇa* (bark), *mustā*, *samudra phala* , *bilva* (roots), *haritāla*, *japāpuṣpa*, *vatsanābha*, *manahśilā*, *śṛīngī*, white sandalwood, *śigru* bark, caraway seeds and *kañṭakārī* (roots).

Process of Drug-Making: Gather the following: *mūrcchita* oil of mustard seeds (750 ml.), cow urine (3 litres) as well as the following herbs for preparing a decoction: *dhatūra* (all the five limbs of it), *karañja* seeds, *haridrā*, *jayantī patra*, *nirgundī patra*, *śirīṣa* bark, *samudra phala* (*hijjala*), *śigru* barks each measuring 750 gm. and *daśamūla* herbs combined in measure of 750 gm. Take 25 litres of water and decoct the preparation till it is reduced to one fourth. Add to the recipe, *kalka* of the following herbs each measuring 12 gm.: *madanaphala*, *tṛikaṭu*, *kuṣṭha*, white cumin seeds, dried ginger, *kaṭphala*, *varuṇa* (bark), *mustā*, *samudra phala* , *bilva* (roots), *haritāla*, *japāpuṣpa*, *vatsanābha*, *manahśilā*, *śṛīngī*, white sandalwood, *śigru* bark, caraway seeds and *kañṭakārī* (roots). Now, cook all the ingredients properly and prepare the medicinal oil. This medicinal oil has been prescribed first by God Mahādeva. It is famous by name of *Taptarāja Tailam*.

Therapeutic benefits: It cures without doubt such ailments as severe *sannipāta*, severe *śiroroga*, *śirahaśūla*, *netraśūla*, *karṇaśūla*, fever, severe burning sensation, morbid thirst, jaundice, *pāṇḍu*, *halīmaka*, *apīnas* and 13 types of *sannipāta*.

किङ्किनीतैलम् (बहत्)–

किङ्किनीप्रस्थमेकञ्च प्रस्थं सहचरस्य च । कृष्णधुस्तूरकप्रस्थं प्रस्थञ्च सिन्धुवारकम् ।।१५२।।
पचेत् पात्रं जलं दत्त्वा पादशेषं समुद्धरेत् । तैलप्रस्थं विपक्तव्यं द्रव्याणीमानि दापयेत् ।।१५३।।
यष्टी कणा पयोदञ्च गन्धकं कुष्ठमेव च । समुद्रान्ता तथा शृङ्गी किङ्किनीराजहेमकम् ।।१५४।।
रास्ना मधुरिका झिण्टीमूलमीश्वरमेव च । विषमाधूकमञ्जिष्ठा वल्कलं शिग्रुसंभवम् ।।१५५।।
एषां कर्षद्वयञ्चैव पिष्ट्वा चात्र समावपेत् । निहन्ति पूतिकर्णञ्च कर्णस्रावं सकण्डुकम् ।।१५६।।
कर्णनादं कर्णशोथं बाधिर्यं दारुणं तथा । शिरोरोगं नेत्ररोगं मन्यास्तम्भं गलग्रहम् ।।
एतान् रोगान्निहन्त्याशु वृक्षमिन्द्राशनिर्यथा ।।१५७।।

152-157. Kinkini Tailam (Major Recipe):

Ingredients: *Mūrcchita* mustard oil, *kinkini* (*sruva vṛikṣa*), *sahacara* (*nilijhinṭi*), black variety of *dhūstūra*, all the five limbs of plant *nirgundī*, water, *yaṣṭi*, *pippalī*, *mustā*, *gandhaka*, *kuṣṭha*, *durālabhā* (*samudranta*), *śṛīngī*, *kinkini*,

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rajadhatūra, *rāsnā*, aniseeds, *jhinṭi* roots, root of *lāngalī*, *viṣamadhuka* (*vigama*), *viṣa* (*vatsanābha*), *madhuka* (flowers), *manjiṣṭhā* and bark of *śigru*.

Process of Drug-Making: Obtain *mūrcchita* mustard oil (750 ml.). Also take *kinkini* (*sruva vṛikṣa*), *sahacara* (*nilijhinṭi*), black variety of *dhūstūra* and all the five limbs of plant *nirgunḍī* (each 750 gm.). Cook them in water measuring 12.50 litre till it is reduced to one fourth. For preparing *kalka* obtain 23 gm. measure each of the following: *yaṣṭi*, *pippalī*, *mustā*, *gandhaka*, *kuṣṭha*, *durālabhā* (*samudranta*), *śṛingī*, *kinkini*, *rajadhatūra*, *rāsnā*, aniseeds, *jhinṭi* roots, root of *lāngalī*, *viṣamadhuka* (*vigama*), *viṣa* (*vatsanābha*), *madhuka* (flowers), *manjiṣṭhā* and bark of *śigru*.

Therapeutic benefits: This oil helps in curing *pūtikarṇa*, *karṇastrāva*, *karṇakanḍu*, *karṇanād*, *karṇaśotha*, *bādhirya*, *śiroroga*, *netraroga*, *manyāstambha* and *galagraha*. It cures these diseases as effectively as *vajra* kills trees.

गुञ्जातैलम्–

विशुद्धं तिलतैलञ्च तत्सम काञ्जिकं भवेत् । आरनालसमं भृङ्गद्रवं कृत्वा प्रदापयेत् ।।१५८।।
मन्दाग्निना ततः पाच्यं यावत्तैलस्थितिर्भवेत् । तैलमध्ये प्रदातव्यं पिष्ट्वा गुञ्जापलद्वयम् ।।१५९।।
उत्तार्य तैलशेषन्तु दिनैकं तत्तु रक्षयेत् । शिरोरोगेषु दुष्टेषु अर्द्धशीर्षे सुदारुणे ।।१६०।।
भ्रूशङ्खकर्णपीडाश्चनश्यन्ति नात्र संशयः । गुञ्जातैलमिति ख्यातं दत्तं हन्ति शिरोव्यथाम् ।।१६१।।

158-161. Guñjā Tailam:

Ingredients: *Mūrcchita* sesame oil, *kānji*, juice of *bhṛingarāja* and *kalka* of *guñjā*.

Process of Drug-Making: Take 375 ml. each of *mūrcchita* sesame oil, *kānji* and juice of *bhṛingarāja*. Obtain 93 gm. measure powdered *kalka* of *guñjā*. Combine all these materials together and cook methodologically on a slow heat. After the preparation is cooked, leave it for one day.

Method of use/Administration: Use this oil in nasal therapy.

Therapeutic benefits: It cures from all types of severe *śiroroga*, severe cases of the *ardhavabhedhaka*, and pain in brows, temple and ears. This medicine is famous for curing *śirovyathā*.

कुमारीतैलम् (भा. प्र.)–

कुमार्याः स्वरसे प्रस्थे धूस्तूरस्य रसे तथा । भृङ्गराजस्य च रसे प्रस्थद्वयसमायुते ।।१६२।।
चतुःप्रस्थमिते क्षीरे तैलं प्रस्थं विपाचयेत् । कल्कैर्मधुकह्रीबेरमञ्जिष्ठाभद्रमुस्तकैः ।।१६३।।
नखकर्पूरभृङ्गैलाजीवन्तीपद्मकुष्ठकैः । मार्कवासकतालीशसर्जनिर्यासपत्रकैः ।।१६४।।

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विडङ्गशतपुष्पाऽश्वगन्धागन्धर्वहस्तकैः । शोकहन्नारिकेलाभ्यां कर्षमानैर्विपाचितम् ।।१६५।।
उत्तार्य वस्त्रपूतं च शुभे भाण्डे सुधूपिते । त्रिरात्रमथ गुप्तं च धारयेद् विधिवद्भिषक् ।।१६६।।
ततस्तु तैलमभ्यङ्गे मूर्ध्नि क्षेपे नियोजयेत् । शमयेदर्दितं गाढं मन्यास्तम्भं शिरोगदान् ।।१६७।।
तालुनासाऽक्षिजातं तु शोषं मूर्च्छां हलीमकम् । हनुग्रहगदार्त्ति वा बार्धिर्यं कर्णवेदनाम् ।।१६८।।

162-168. Kumārī Tailam:

Ingredients: *Ghṛitakumārī*, juice of *dhatūra* leaves, *bhṛingarāja* juice, milk, *mūrcchita* sesame oil, *madhuyaṣṭī*, *sugandhabālā*, *manjiṣṭhā*, *mustā*, *nakha*, camphor, *bhṛingarāja*, smaller cardamom, *jīvantī*, *padmaka*, *kuṭaja*, black *bhṛingarāja*, *aḍuṣā*, *tāliśapatra*, *sarja rasa*, cassia leaves, *vāyaviḍanga*, *śatapuṣpā* (aniseeds), *aśvagandhā*, *eraṇḍamūla*, bark of *aśoka* and coconut.

Process of Drug-Making: Take 750 ml. each of *ghṛitakumārī* and juice of *dhatūra* leaves, 1500 ml. of *bhṛingarāja* juice, 3 litre of milk and *mūrcchita* sesame oil measuring 750 ml. Prepare separate *kalka*s measuring 12 gm. each of *madhuyaṣṭī*, *sugandhabālā*, *manjiṣṭhā*, *mustā*, *nakha*, camphor, *bhṛingarāja*, smaller cardamom, *jīvantī*, *padmaka*, *kuṭaja*, black *bhṛingarāja*, *aḍuṣā*, *tāliśapatra*, *sarja rasa*, cassia leaves, *vāyaviḍanga*, *śatapuṣpā* (aniseeds), *aśvagandhā*, *eraṇḍamūla*, bark of *aśoka* and coconut. Combine all the materials and methodologically cook the preparation to obtain medicinal oil. Once the medicinal oil is cooked, filter it and store it in a pitcher that has been properly treated with smoke. Bury this pitcher under soil for three days.

Method of use/Administration: Use this oil for massaging and apply on head.

Therapeutic benefits: This medicinal oil helps in curing difficult cases of *ardita*, *manyāstambha*, *śiroroga*, *śoṣa* related to eyes, pellet and nose, *mūrcchā*, *halīmaka*, *hanuvastambha*, deafness and pain in the ears.

(*Bhāvaprakāśa*)

धुस्तूरतैलम्–
धुस्तूरक्वाथकल्काभ्यां कटुतैलं विपाचयेत् । सन्निपातज्वरश्लेष्मशोथशीर्षार्त्तिदाहनुत् ।।१६९।।
कर्णग्रहहरं चास्थिसन्धिग्रहविनाशनम् ।।१७०।।

169-170. Dhustūra Tailam:

Ingredients: *Mūrcchita* mustard oil, decoction of *dhatūra* (all the five limbs) and *kalka* of the same.

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Process of Drug-Making: Obtain 375 ml. of *mūrcchita* mustard oil, decoction of *dhatūra* (all the five limbs) measuring about 1500 ml. and *kalka* of the same measuring 93 gm. Cook the medicinal oil properly.

Therapeutic benefits: This medicinal oil relieves one of *sannipāta* fever, *śotha* produced excessive *kapha*, headache, temperature of head and other parts of the body, nose pain and pain of the joints.

शिरोबस्तिविधौ पथ्यानि–

आमषिं जाङ्गलं पथ्यं तत्रशाल्यादयोऽपि च । मुद्गान् माषान् कुलत्थाश्च खादेद्वा निशि केवलान् ।।
कटुकोष्णान् ससर्पिष्कानुष्णं क्षीरं पिबेत्तथा ।।१७१।।

171. Helpful eatables in case of head diseases: flesh of wild animals and birds, *śāli* and other varieties of paddy, *mudga* beans, *urada* beans and *kulattha* beans (any of these beans should be cooked and treated with *ghṛitam* and powder of black pepper). The soup of the above beans should be taken during evening hours. Take lukewarm milk is also helpful in the disease.

शिरोरोग पथ्यापथ्यानि–

स्वेदो नस्यं धूमपानं विरेकोलेपश्छर्दिर्लङ्घनं शीर्षबस्तिः ।
रक्तोन्मुक्तिर्वह्निकर्मोपनाहोजीर्णं सर्पिः शालयः षष्टिकाश्च ।।१७२।।
यूषो दुग्धं धन्वमांसं पटोलंशिग्रर्द्राक्षा वास्तुकं कारवेल्लम् ।
आम्रं धात्री दाडिमं मातुलुंगंतैलं तक्रं काञ्जिकं नारिकेलम् ।।१७३।।
पथ्या कुष्ठं भृङ्गराजः कुमारी मुस्तोशीरं चन्द्रिका गन्धसारः ।
कर्पूरश्च ख्यातिमानेष वर्गः सेव्यो मर्त्यैः शीर्षरोगे यथास्वम् ।।१७४।।

172-174. The following measures and products are considered to be beneficial for the patients of *śiroroga*: *svedana*, nasal therapy, *dhūpan* (smoking therapy), *virecana*, *lepana*, *vamana*, *langhaṇa* (fasting), *śirovasti*, blood letting, *vahnikarma*, *upanāhan*, old *ghṛitam*, *śāli* and *ṣaṣṭhi* varieties of paddy, *yūṣa*, milk, meat of wild animals, *paṭola*, *śobhāñjana*, grapes, *vāstuka*, *kārvellaka*, mango, *āmalakī*, pomegranate, *jambīra* lemon, oil, buttermilk, *kānji*, coconut, *haraḍa*, *kuṭaja*, *bhṛingarāja*, *ghṛitakumārī*, *mustā*, *uśīra*, spending time in moony nights and enjoying perfumes etc.

क्षयजृम्भामूत्रबाष्पनिद्राविड्वेगमञ्जनम् । दुष्टनीरं विरुद्धान्नं सह्यबिन्ध्यसरिज्जलम् ।।१७५।।
दन्तकाष्ठं दिवानिद्रां शिरोरोगी परित्यजेत् ।।१७६।।

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175-176. The following measures are considered to be harmful for a patient suffering from *śiro roga*: obstructing the flow of sneeze, yawning, urine, tears, sleep and stool, contaminated drinks, incompatible foods, water from rivers originating from Sahya and Vindhya mountains, *dantadhāvan* and day hour sleeping.

इति भैषज्यरत्नावल्यां शिरोरोगचिकित्साप्रकरणम् ।।६५।।

इति भैष्ज्यरत्नावल्यां 'विद्योतिनी' नामिकायां भाषाटीकायांशिरोरोगचिकित्साप्रकरणम् ।।६५।।

End of the Chapter 65 of Bhaiṣajya Ratnāvalī with Commentary

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अथ प्रदररोगचिकित्साप्रकरणम् ६६

Chapter 66
Treatment of Leucorrhoea

वातजप्रदरचिकित्सा–

दध्ना सौवर्चलाजाजीमधुकं नीलमुत्पलम् । पिबेत्क्षौद्रयुतं नारी वातासृग्दरपीडिता ।।१।।

1. The *rakta pradara* (metrorrhagia) caused due to *vāta* disorder, curd of cow milk measuring 50 gm., black salt measuring 2 gm., power of cumin seeds, *medhuka* and *nīlotpala* each measuring 3 gm. and honey measuring 10 gm.

पिबेदैणेयकं रक्तं शर्करामधुसंयुतम् ।।२।।

2. By taking the blood of deer measuring 10 ml. mixed with honey (10 gm.) and jaggery (10 gm.) the metrorrhagia is cured.

कुशमूलं समुद्धृत्य पेषयेत्तण्डुलाम्बुना । एतत्पीत्वा त्र्यहान्नारी प्रदरात्परिमुच्यते ।।३।।

3. Drink for three consecutive days the rice-washing (*taṇḍulodaka*) along with the *kalka* of the *kuśa* grass to get cured of the leucorrhoea.

अशोकवल्कलक्वाथशृतं दुग्धं सुशीतलम् । यथाबलं पिबेत्प्रातस्तीव्रासृग्दरनाशनम् ।।४।।

4. Take the bark of *aśoka* tree measuring 25 gm. and decoct it along with 400 ml. of water till the quantity is reduced to one fourth. Mix 100 ml. of cow milk into the decoction and cook them together. Strain the preparation and allow it to get cool. Taking this milk together cures the ladies from the *asṛigadara* (kind of leucorrhoea) very soon.

क्षौद्रयुक्तं फलरसं काष्ठोदुम्बरजं पिबेत् । असृग्दरविनाशाय सशर्करपयोऽन्नभुक् ।।५।।

5. The *rakta pradara* (metrorrhagia) is cured by taking the expressed juice (24 gm.) of the *kaṣṭhodumbara* fruits mixed with the honey measuring 6 gm. While taking this preparation one should take as meals, rice along with milk treated with jaggery or raw sugar.

प्रदरं हन्ति बलाया मूलं दुग्धेन संयुतं पीतम् । कुशवाट्यालकमूलं तण्डुलसलिलेन रक्ताख्यम् ।।६।।

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6. Take the roots of the *balā* plant and pound and mix it with cow milk. Take the roots of the *balā* plant as well as the *kuśa* grass and prepare a *kalka* out of their mix. Dissolve that into rice washing (*taṇḍulodaka*) and straining the liquid drink the syrup along with honey or raw sugar to get relief from metrorrhagia.

गुडेन बदरीचूर्णं मोचमामं तथा पयः । पीता लाक्षा च सघृता पृथक् प्रदरनाशनाः ।।७।।

7. The combination of raw sugar along with (1) powder of the stone of plum (jujube) (3 gm.), or with (2) unripe banana fruits (3 gm.), or with (3) milk or with (4) *ghṛitam* (clarified butter) all these four preparations effectively check the metrorrhagia.

रक्तपित्तविधानेन प्रदरांश्चाप्युपाचरेत् । रक्तातिसारवद्वाऽथ रक्तार्शोवत्तथैव च ।
असृग्दरे विशेषेण कुटजाष्टक इष्यते ।।८।।

8. All the preparations that have been prescribed in the cases of *raktapitta*, blood-diarrhoea and blood-piles are useful in the treatment of metrorrhagia also. Moreover, the *Kuṭajāṣṭaka Kvātha* that has been prescribed in the chapter of diarrhoea is also effective in metrorrhagia as well.

रोहीतकमूलकल्कः पाण्डुरेऽसृग्दरे पिबेत् । जलेनामलकीबीजकल्कं वा ससितामधु ।।९।।
धातक्याश्चाक्षमात्रं वा आमलक्यामधुद्रवम् । काकजानुकमूलं वा मूलं कार्पासमेव वा ।
पाण्डुप्रदरशान्त्यर्थं पिबेत्तण्डुलवारिणा ।।१०।।

9-10. Take the bark or roots of the plant *rohītaka* and the stone of the seeds of *āmalakī* fruits and compound them together. Taking this *kalka* along with honey and raw sugar, checks the *pāṇḍu* type of leucorrhoea. Like wise, obtain 6 gm. measure of the powder of the *dhātakī* flower, or *āmalakī* fruit, or *kākjānu* roots, or roots of the cotton plant. Treat any of these powders with honey and take it along with rice-washing (*taṇḍulodaka*).

शर्करा मधुकं शुण्ठी तैलं दधि च तत्समम् । खजेन मथितं पीतं हन्याद्वातोत्थितं रजः ।।११।।

11. The *vāta*-generated leucorrhoea is cured through the mixture of jaggery (50 gm.), *madhuka* (5 gm.), dried ginger (5 gm.), sesame oil (250 ml.) and curd (250 gm.) each compounded together in proper quantity.

वासकस्वरसं पित्ते गुडूच्या रसमेव वा ।।१२।।

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12. The *pitta*-generated leucorrhoea is cured through the juice (12 ml.) of the leaves of *vāsaka* or plant *guḍūcī*.

धात्रीरसं सितायुक्तं योनिदाहपहं पिबेत् ।।१३।।

13. The burning sensation in vagina is cured through the juice of *āmalakī* (25 ml.) along with jaggery (10 gm.).

भूम्यामलकचूर्णन्तु पीतं तण्डुलवारिणा । दिनत्रयान्तरेणैव स्त्रीरोगं नाशयेद्वरम् ।।१४।।

14. Taking for three consecutive days the powder of the *bhūnimba* measuring 3 gm. along with 50 ml. of rice-washing cures the leucorrhoea.

रक्तपित्तहरः सर्वः प्रदरे रक्तजे विधिः । रक्तातिसारयोगांश्च सर्वमत्र प्रयोजयेत् ।।१५।।

15. In cases of metrorrhagia, it is very useful to suggest the drugs prescribed for the treatment of the *raktapitta* and *rakta atisāra* (blood diahorrea).

मूलञ्च शरपुङ्खायाः पेषयेत्तण्डुलाम्बुना । पीत्वा च कर्षमात्रन्तु अतिरक्तं प्रशान्तयेत् ।।१६।।

16. Take 3 gm. measure of the powder of the roots of *śarapunkha* and compound it taking 50 ml. measure of the rice-washing. This medicine is capable to stop blood discharge from any part of the body, as well as the metrorrhagia.

धात्र्यञ्जनाभयाचूर्णं तोयपीतं रजो हरेत् । शेलुच्छदमिश्रपिष्टभक्षणं च तदर्थकृत ।।१७।।

17. Obtain *āmalakī*, *añjana* and *abhayā* in powdered form and take their mixture along with water (doses 3-4 gm.). Or take the powder of rice along with the powder of the leaves of *śelu* plant. Either of these medicines checks the metrorrhagia.

वासाकषायः–

वासाकषायसहितं रसभस्म प्रयोजितम् । प्रदरं हन्ति वेगेन सक्षौद्रं नात्र संशयः ।।१८।।

18. Vāsā Kāṣāya:

Ingredients: *Bhasma* of mercury or *rasa-sundura* and decoction of the leaves of *vāsaka* plant.

Method of use/Administration: Take the *bhasma* of mercury or take the *rasa-sundura* in half to 125 mg. measure and consume it along with the decoction (50 ml.) of the leaves of *vāsaka* plant.

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Therapeutic benefits: All kinds of leucorrhoea are removed by these medicines.

दार्व्यादिक्वाथः–

दार्वीरसाञ्जनवृषाब्दकिरातबिल्वभल्लातकैरवकृतो मधुना कषायः ।
पीतो जयत्यतिबलं प्रदरं सशूलंषीतासितारुणविलोहितनीलशुक्लम् ।।१९।।

19. Dārvyādi Kvātha:

Ingredients: *Dāru-haridrā*, *rasāñjana*, bark of the *aḍuṣā* plant, *mustaka*, *kirātatikta*, the pulp of *bilva* fruits, purified *bhallātaka* (or red variety of sandalwood) and lotus.

Process of Drug-Making: Obtain *dāru-haridrā*, *rasāñjana*, bark of the *aḍuṣā* plant, *mustaka*, *kirātatikta*, the pulp of *bilva* fruits, purified *bhallātaka* (if difficult to digest, replace it with the red variety of sandalwood) and lotus and prepare their decoction.

Take equal parts of the above mentioned ingredients and raise 25 gm. of their coarsely powdered mix. Decoct it along with water measuring 400 ml. till it is reduced to one fourth.

Method of use/Administration: Take this preparation along with honey. Before taking this medicine, one should ointment the interior of her mouth with *ghṛitam* otherwise this medicine may burn the skin there.

Therapeutic benefits: This medicine is capable of curing all types of leucorrhoea discharging yellow, black, red, or reddish, blue or white colour liquid.

चन्दनादिचूर्णम् पैत्तिकै पदरे–

चन्दनं नलदं लोध्रमुशीरं पद्मकेशरम् । नागपुष्पञ्च बिल्वञ्च भद्रमुस्तञ्च शर्करा ।।२०।।
ह्रीबेरञ्चैव पाठा च कुटजस्य फलं त्वचम् । शृङ्गबेरं सतिविषा धातकी च रसाञ्चनम् ।।२१।।
आम्रास्थि जम्बुसारास्थितथा मोचरसोद्भवः । नीलोत्पलं समङ्गा वसूक्ष्मैला दाडिमोद्भवम् ।।२२।।
चतुर्विंशति चैतानि समभागानि कारयेत् । तण्डुलोदकसंयुक्तं मधुना सह योजयेत् ।।२३।।
चतुष्प्रकारं प्रदरं रक्तातीसारमुल्वणम् । रक्ताशांसि निहन्त्याशु भास्करस्तिमिरं यथा ।।
अश्विन्योः संमतो योगो रक्तपित्तनिबर्हणः ।।२४।।

20-24. Candanādi Cūrṇam:

Ingredients: Red variety of sandalwood, *jaṭāmānsī*, *lodhra*, *uśīra*, *padmakeśara*, *nāgapuśāpa*, bark of the *bilva* tree, *bhadramustaka*, raw sugar, *netrabālā*, *pāṭhā*, bark of the *kuṭaja* plant, dried ginger, *indrayava*, *ativiṣā*, *dhātakī* flower, *rasāñjana*, the pulp of the stone of mango fruit, the seed of *jambū* fruit,

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mocarasa, *nīlakamal*, *manjiṣṭhā*, root of the plant *samangā*, lesser variety of cardamom, seeds of pomegranate, honey and rice-washing.

Process of Drug-Making: This medicine has been prescribed to check the leucorrhoea generated by *pitta*. Take in equal parts the following 24 materials: red variety of sandalwood, *jaṭāmānsī*, *lodhra*, *uśīra*, *padmakeśara*, *nāgapuśāpa*, bark of the *bilva* tree, *bhadramustaka*, raw sugar, *netrabālā*, *pāṭhā*, bark of the *kuṭaja* plant, dried ginger, *indrayava*, *ativiṣā*, *dhātakī* flower, *rasāñjana*, the pulp of the stone of mango fruit, the seed of *jambū* fruit, *mocarasa*, *nīlakamal*, *manjiṣṭhā*, root of the plant *samangā*, lesser variety of cardamom and seeds of pomegranate. Powder all of them and mix.

Method of Use/Administration: Consume the medicine in doses of 3 gm. along with honey and rice-washing measuring (50 ml.).

Therapeutic benefits: This medicine is very effective in checking all the four types of leucorrhoea, severe blood diahorrea as well as the bloody piles. All kinds of the *rakta-pitta* diseases are also treated with this medicine called *Candanḍi Cūrṇam*, suggested by the celestial physicians the Aśvinī brothers.

पुष्यानुगं चूर्णम्–

पाठाजम्ब्वाम्रयोर्मध्यं शिलाभेदं रसाञ्जनम् । अम्बष्ठकी मोचरसः समङ्गा पद्मकेशरम् ।।२५।।
वाह्लीकातिविषामुस्तंबिल्वंलोध्रं सगैरिकम् । कट्फलं मरिचं शुण्ठी मृत्तिका रक्तचन्दनम् ।।२६।।
कट्वङ्गवत्सकानन्ताधातकीमधुकार्जुनम् ।पृष्येणोद्धृत्य तुल्यानि श्लक्ष्णचूर्णानि कारयेत् ।।२७।।
तानि क्षौद्रेण संयोज्य पाययेत्तण्डुलाम्बुना । अर्शःसु चातिसारेषु रक्तं यच्चोपवेश्यते ।।२८।।
दोषागन्तुकृता ये च बालानां तांश्च नाशयेत् । योनिदोषं रजोदोषं श्वेतं नीलं सपीतकम् ।।२९।।
स्त्रीणां श्यावारुणं तच्च-तत्प्रसह्य निवर्त्तयेत् । चूर्णं पुष्यानुगं नाम हितमात्रेयपूजितम् ।।३०।।
अम्बष्ठा दक्षिणे ख्याता गृह्णन्त्यन्ये तु लक्ष्मणाम् ।।३१।।

25-31. Puṣyānuga Cūrṇam:

Ingredients: *Pāthā*, seeds of *jambū*, the pulp of the seeds of mango, *pāṣāṇabheda*, *rasāñjana*, *ambaṣṭhakī*, *mocarasa*, *samangā*, *padmakeśara*, *keśara*, *ativiṣā*, *mustaka*, the pulp of the seeds of *bilva* tree, *lodhra*, purified *suvarṇa gairika*, *kaṭphala*, black pepper, dried ginger, raisin, red variety of sandalwood, the barks of plants *śyoṇāka*, *kuṣṭha*, *anantamūlā*, the flowers of *dhātakī* plant, *madhuka* and bark of the *arjuna* tree.

Process of Drug-Making: Obtain the following herbs in the period marked by the *Puṣya* group of stars: *pāthā*, seeds of *jambū*, the pulp of the seeds of mango, *pāṣāṇabheda*, *rasāñjana*, *ambaṣṭhakī*, *mocarasa*, *samangā*, *padmakeśara*,

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keśara, *ativiṣā*, *mustaka*, the pulp of the seeds of *bilva* tree, *lodhra*, purified *suvarṇa gairika*, *kaṭphala*, black pepper, dried ginger, raisin, red variety of sandalwood, the barks of plants *śyoṇāka* and *kuṣṭha*, *anantamūlā*, the flowers of *dhātakī* plant, *madhuka* and bark of the *arjuna* tree (all taken in equal parts). Powder all of the herbs together and store the mixture in a container.

[The herb *ambaṣṭha* is grown in the southern region of the country. It this is not available physicians substitute it with white or general type of *kañṭakārī*. Some physician's identity the hub *ambaṣṭha* with the plant *lākṣāmana*.]

Method of use/Administration: Take it in doses of 3 gm. along with honey and rice-washing (*taṇḍulodaka*) (50 ml.) in morning as well as evening times.

Therapeutic benefits: This medicine called *Puṣyānuga Cūrṇam* is capable to effectively check the metrorrhagia, blood diahorrea, leucorrhoea and the *āgantuka* type of diseases affecting children.

उत्पलादिचूर्णम्–

कन्दं रक्तोत्पलस्याथ रक्तकार्पासमूलकम् । करवीरस्य मूलानि तथा रक्तोड्रमूलकम् ।।३२।।
बकुलस्य तथा मूलं गन्धमातृकजीरकौ । रक्तचन्दनकञ्चैव समभागञ्च कारयेत् ।।३३।।
तण्डुलोदकसम्पिष्टं रक्तमूत्राय दापयेत् । योनिशूलं कटीशूलं कुक्षिशूलञ्च नाशयेत् ।।
योनिशूलहरः प्रोक्त उत्पलादिर्न संशयः ।।३४।।

32-34. Uttapalādi Cūrṇam:

Ingredients: Roots of the plant red lotus, red cotton, *karavīra*, *javākusum*, flowers of *dhātakī*, seeds of cumin and red type of sandalwood.

Process of Drug-Making: Take in equal parts the following: roots of the plants red lotus, red cotton, *karavīra*, as well as *javākusum*, flowers of *dhātakī*, seeds of cumin, and red type of sandalwood. Powder and mix all of these together.

Method of use/Administration: Take this preparation in doses of 3 gm. along with rice-washing measuring 50 ml.

Therapeutic benefits: This medicine is capable to treat such diseases as the metrorrhagia, pain in such parts of the body as vagina, stomach and the back.

मधुकाद्यवलेहः–

मधुकं चन्दनं लाक्षा रक्तोत्पलरसाञ्जनम् । कुशवीरणयोर्मूलं बलावासकयोस्तथा ।।३५।।
कोलमज्जाम्बुदं बिल्वंपिच्छादार्वी चधातकी । अशोकवल्कलं द्राक्षा जपाकुसुममस्फुटम् ।।३६।।
आम्रजम्बूकिशलयं कोमलं नलिनीदलम् । शतमूली विदारी च रजतं लोहमभ्रकम् ।।३७।।
एषां कोलमितं चूर्णं द्विगुणा सितशर्करा । वरीरसस्य प्रस्थार्द्धं पचेन्मन्देन वह्निना ।।३८।।

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घनीभूते क्षिपेच्चूर्णं शीतीभूते पलं मधु । मधुकाद्यवलेहोऽयं महादेवेन भाषितः ।।३९।।
दुस्तरं प्रदरं हन्ति नानावर्णं सवेदनम् । योनिशूलं कुक्षिशूलं बस्तिशूलं सुदुःसहम् ।।४०।।
रक्तातिसारं रक्तार्शो रक्तपित्तं चिरोद्भवम् । मूत्ररोगानशेषांश्च दाहं मोहं वमिं भ्रमिम् ।
नाशयेन्नात्र सन्देहो भास्करस्तिमिरं यथा ।।४१।।

35-41. Madhukādya Avaleha:

Ingredients: *Maduka*, red variety of sandalwood, *lākṣā*, red lotus flower, *rasāñjana*, the roots of *kuśa* grass, *uśīra*, the roots of *balā* and *vāsaka* plants, the pulp of the seeds of *bilva* tree, *mustaka*, pulp of the *bilva* fruits, *mocarasa*, *dāruharidrā*, the flowers of *dhātakī* plant, bark of the *aśoka* tree, raisin, the buds of *iavakusum*, leaves of mango tree, soft leaves of the plant *nalinī*, *śatāvarī*, *vidārīkanda*, *rajata bhasma*, *lauha bhasma*, *abhraka bhasma*, raw sugar, juice of *śatāvarī* and honey.

Process of Drug-Making: Get the powder of the following in measure of 6 gm. each: *maduka*, red variety of sandalwood, *lākṣā*, red lotus flower, *rasāñjana*, the roots of *kuśa* grass, *uśīra*, the roots of *balā* and *vāsaka* plants, the pulp of the seeds of *bilva* tree, *mustaka*, pulp of the *bilva* fruits, *mocarasa*, *dāruharidrā*, the flowers of *dhātakī* plant, bark of the *aśoka* tree, raisin, the buds of *javākusum*, leaves of mango tree, soft leaves of the plant *nalinī*, *śatāvarī*, *vidārīkanda*, *rajata bhasma*, *lauha bhasma* and *abhraka bhasma*. Obtain raw sugar in quantity measuring double of the combined weight of the above drugs (i.e. 312 gm.) and take about 375 ml. of the juice of *śatāvarī*. First of all cook this juice with the raw sugar. When the syrup is thickened on stone, mix all the above powders into it and remove the syrup from stone. When it gets cold, add 50 gm. measure of honey into it and thoroughly mix the preparation. Now the medicine named *Madhukādya Avaleha* is prepared. This medicine has been suggested by Mahādevajī.

Method of use/Administration: It should be taken in doses of 6-12 gm. along with lukewarm milk or water.

Therapeutic benefits: This medicine is very effective in checking the painful leucorrhoea discharges reflecting red, yellow, black and white colours. This medicine also cures the severe pain of vagina and stomach, and such diseases as *rakta-atisāra* (blood *diahorrea*), bloody piles, chronic *rakta-pitta*, all kinds of urinary problems, the burning sensation of palms and fainting, giddiness, vomiting tendencies and the like.

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पुष्करलेहः (र. सा. सं.)–

रसाञ्जनं शुभा शृङ्गी चित्रकं मधुयष्टिकम् । धान्यातालीशगायत्रीद्विजीरं त्रिवृता बला ।।४२।।
दन्तीत्र्यूषणकञ्चापि पलार्द्धञ्च शिलाजतु । चतुष्पलं माक्षिकस्यामलस्य च क्षिपेत्ततः ।।४३।।
जातीकोषलवङ्गञ्च कक्कोलं मृद्विकाऽपि च । चातुर्जातकखर्जूरं कर्षमेकं पृथक्-पृथक् ।।४४।।
प्रक्षिप्य मर्दयित्वा च स्निग्धभाण्डे निधापयेत् । एष लेहवरः श्रीदः सर्वरोगकुलान्तकः ।।४५।।
यत्र यत्र प्रयोज्यः स्यात्तत्तदामयनाशनः । अनुपानं प्रयोक्तव्यं देशकालानुसारतः ।।४६।।
सर्वोपद्रवसंयुक्तं प्रदरं सर्वसम्भवम् । द्वन्द्वजं चिरजञ्चैव रक्तपित्तं विनाशयेत् ।।४७।।
कासश्वासाम्लपित्तञ्च क्षयरोगमथापि वा । सर्वरोगप्रशमनो बलवर्णाग्निवर्द्धनः ।।
पुष्कराख्यो लेहवरः सर्वत्रैवोपयुज्यते ।।४८।।

42-48. Puṣkara Leha:

Ingredients: *Rasāñjana*, *vanśalocana*, *śṛīngī*, *citraka* (bark), *madhuyaṣṭī*, coriander seeds, *tāliśa* leaves, catechu, white and black varieties of cumin seeds, *niśotha*, *balā* (roots), *dantī* (roots), dried ginger, *marica*, pepper, *śilājatu*, mace, clove, raisin, cinnamon bark, smaller cardamom, cassia leaves, *kañkola*, *nāgakeśara*, date fruits and honey.

Process of Drug-Making: Get powder of following herbs in 23 gm. measure each: *rasāñjana*, *vanśalocana*, *śṛīngī*, *citraka* (bark), *madhuyaṣṭī*, coriander seeds, *tāliśa* leaves, catechu, white and black varieties of cumin seeds, *niśotha*, *balā* (roots), *dantī* (roots), dried ginger, *marica*, *śilājatu* and pepper. Take powder of the following in measure of 12 gm. each: mace, clove, raisin, cinnamon bark, smaller cardamom, cassia leaves, *kañkola*, *nāgakeśara* and date fruits along with honey measuring 12 gm. Mix all these materials thoroughly and preserve the mixture into glass container or a jar coated with oil from inside.

Method of use/Administration: The *anupānas* could be decided upon the location of the patient as well as the season of disease's occurrence. (As suggested elsewhere *anupāna* generally consists of water, honey, milk or *ghṛitam*. This is to be taken with the medicine. Some times decoction of one single herb is also used as *anupāna*.)

Therapeutic benefits: This medicine named *Puṣkara Leha* cures all types of diseases if taken along with different *anupānas*. This medicine effectively cures all kinds troubles, *āmlapitta* as well as tuberculosis. This medicine effect increased vigour and digestive power. It makes the body glow as well.

(*Rasendra Sār Sangraha*)

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प्रदरान्तकरसः–

शुद्धसूतं तथा गन्धं शुद्धं वङ्गकरूप्यकम् । खर्परञ्च वराटञ्च शाणमानं पृथक् पृथक् ।।४९।।
तोलकत्रितयं चैव लौहचूर्णं क्षिपेत्सुधीः । कन्यानीरेण सम्मर्द्य दिनमेकं भिषग्वरः ।।५०।।
असाध्यं प्रदरं हन्ति भक्षणान्नात्र संशयः ।।५१।।

49-51. Pradarāntaka Rasa:

Ingredients: Purified mercury, purified sulphur, *vanga bhasma*, *rajata bhasma*, *kharpara bhasma*, *varāṭa bhasma*, *lauha bhasma* and juice of *ghṛitakumārī*.

Process of Drug-Making: Obtain 1 part each of the following: Purified mercury, purified sulphur, *vanga bhasma*, *rajata bhasma*, *kharpara bhasma* and *varāṭa bhasma* and take 12 parts of *lauha bhasma*. First of all, prepare the *kajjalī* using mercury and the sulphur. Add the rest of materials to the *kajjalī* and treat them in the juice of *ghṛitakumārī*. Process the preparation for one day through a hand mortar. Dry the preparation in shadow and preserve it in a glass jar.

Method of use/Administration: Take this medicine in doses of 250 mg.

Therapeutic benefits: This *Pradarāntaka Rasa* cures all kinds of leucorrhoea.

सर्वाङ्गसुन्दररसः–

गगनं शोधितं ग्राह्यं पलैकमिष्टकासमम् । टङ्गणं स्याच्चतुर्थांशं शाणार्द्धं त्रिसुगन्धिकम् ।।५२।।
कर्पूरं नलदञ्चैव जातीकोषं जलं घनम् । नागेश्वरलवङ्गञ्च कुष्ठं सत्रिफलं तथा ।।५३।।
जलेन वटिका कार्या छायया शोषयेत्तु ताम् । प्रदरं नाशयेत्सर्वं साङ्गमर्दं सवेदनम् ।।५४।।
अशीतिर्वातजान् रोगान् मन्दाग्निमतिदारुणम् । सज्वरग्रहणीं चैव रक्तपित्तमरोचकम् ।।५५।।
कासान् पञ्च प्रतिश्यायं श्वासं हृद्रोगमेव च ।।५६।।

52-56. Sarvānga Sundara Rasa:

Ingredients: Purified *abhraka bhasma* having a red colour (like that of the baked brick), purified borax, cinnamon bark, smaller cardamom, cassia, purified camphor, *jaṭāmānsī*, mace, *sugandhabālā*, *mustā*, *nāgakeśara*, clove, *kuṣṭha*, *triphalā* (*āmalakī*, *haraḍa* and *vibhītaka*) and water.

Process of Drug-Making: Get the purified *abhraka bhasma* having a red colour (like that of the baked brick) measuring 50 gm. and purified borax measuring 12 gm. Also take powder of the following herbs each measuring 1500 mg.: cinnamon bark, smaller cardamom, cassia, purified camphor, *jaṭāmānsī*, mace, *sugandhabālā*, *mustā*, *nāgakeśara*, clove, *kuṣṭha*, and the *triphalā* (*āmalakī*,

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haraḍa and *vibhītaka*). Treating with water process all of them through a hand mortar and prepare pills measuring 250 mg. each.

Therapeutic benefits: This medicine, named *Sarvānga Sundara Rasa* is capable to effectively remove the following diseases: leucorrhoea, 80 kinds of *vāta roga*, anorexia, fever, sprue, *rakta-pitta*, loss of digestion, five types of bronchitis, breathing as well as heart troubles.

प्रदरारिरसः–

वङ्गायःफणिफेनञ्च सूतः षड्गुणजारितः । मूलं रक्तोत्पलभवं रक्तचन्दनमेव च ।।५७।।
समं सर्वमशोकस्यक्वाथैः सम्मर्द्य यत्नतः । चणकाभा वटी कार्याऽशोकक्वाथं पिबेदनु ।।५८।।
प्रदरारिरसो हन्ति द्विविधं प्रदरामयम् । बस्तौ च वेदनां रक्तस्रावं घोरज्वरं तथा ।।५९।।
मूत्राधिक्यादिकांश्चैव भास्करस्तिमिरं यथा । अथवा त्वगशोकस्य गुडूची वासकत्वचः ।।६०।।
रसाञ्जनं मुस्तकञ्च रक्तचन्दनमेव च । एषामनुपिबेत् क्वाथं सर्वप्रदरशान्तये ।।६१।।

57-61. Pradarāri Rasa:

Ingredients: *Vanga bhasma*, *lauha bhasma*, purified opium, purified *rasa-sindūra*, roots of the red lotus flower, red variety of sandalwood and decoction of the bark of *aśoka* tree.

Process of Drug-Making: Take 1 part each of the *vanga bhasma*, *lauha bhasma*, purified opium, purified *rasa-sindūra*, roots of the red lotus flower and red variety of sandalwood. Treat them in the decoction of the bark of *aśoka* tree and process the preparation using the *bhāvanā* method. Prepare pills measuring 250 mg. each out of the mix. This medicine is called *Pradarāri Rasa*.

Method of use/Administration: Take two pills along with the decoction of bark of *aśoka* tree. One can also take this medicine along with the *anupāna* of the decoction of the bark of *aśoka* tree, *guḍūcī*, bark of *vāsaka* plant, *rasāñjana* and red sandalwood measuring 50 ml.

Therapeutic benefits: As the sun removes the darkness very effectively, this medicine removes the varieties of leucorrhoea, *basti śūla*, blood-discharge, severe fever, polyuria and the like.

प्रदररिपुः (यो. र.)–

रसं गन्धं सीसं मृतमिति समं तैस्तु रसकंसमानं सर्वैः स्यात्तुलितमपि लोध्रं वृषरसैः ।
दिनं पिष्टं नाम्ना प्रदररिपुरेषोऽपहरतिद्विवल्लः क्षौद्रेण प्रदरमपि दुःसाध्यमपि च ।।६२।।

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62. Pradara Ripu:

Ingredients: Purified mercury, purified sulphur, *sīsaka bhasma*, *rasāñjana*, *lodhra* and decoction or juice of *aḍuṣā*.

Process of Drug-Making: Obtain equal parts of the purified mercury, purified sulphur and *sīsaka bhasma* and 3 parts of *rasāñjana*. Take *lodhra* measuring the combined weight of all the above medicines. First of all, prepare *kajjalī* out of the mercury and sulphur. Mix rest of the materials into the *kajjalī* and process the preparation through a hand mortar along with the decoction or juice of *aḍuṣā* for one day. Prepare pills measuring 750 mg. each.

Method of use/Administration: Take these pills along with honey.

Therapeutic benefits: It is capable to treat even difficult types of leucorrhoea.

(*Yoga Ratnākar*)

रत्नप्रभा वटिका–

स्वर्णं मौक्तिकमभ्रञ्च नागं वङ्गञ्च पित्तलम् । माक्षिकं रजतं वज्रं लौहं तालञ्च खर्परम् ।।६३।।
कदल्याःकाकमाच्याश्च वासकस्योत्पलस्य च । स्वरसेन जयन्त्याश्च कर्पूरसलिलेन च ।।६४।।
भावयित्वा यथाशास्त्रमहोरात्रमतः परम् । संमर्द्यातन्द्रितः कुर्याद् भिषग् गुञ्जामिता वटीः ।।६५।।
एकैकाञ्च प्रयुञ्जीत प्रातराशं बलाम्बुना । उष्णेन पयसा वाऽपि केशराजरसेन वा ।।६६।।
इयं रत्नप्रभा नाम्नी वटिका सर्वसिद्धिदा । सर्वस्त्रीरोगहन्त्री च बल्या वृष्या रसायनी ।।६७।।

63-67. Ratnaprabhā Vaṭikā:

Ingredients: *Suvarṇa bhasma*, powder of the pearls, *abhraka bhasma*, *nāga bhasma*, *pittala bhasma*, *suvarṇa mākṣika bhasma*, *rajata bhasma*, *hīraka bhasma*, *lauha bhasma*, purified orpiment, *kharpara bhasma*, juices of banana fruits, *kākamācī*, leaves of the *aḍuṣā* plant, flowers of *nīlakamal* and leaves of the plant *jayantī*.

Process of Drug-Making: Get in equal parts the following: *suvarṇa bhasma*, powder of the pearls, *abhraka bhasma*, *nāga bhasma*, *pittala bhasma*, *suvarṇa mākṣika bhasma*, *rajata bhasma*, *hīraka bhasma*, *lauha bhasma*, purified orpiment, *kharpara bhasma*. Treat and process them through a hand mortar separately with the juice of the following: banana fruits, *kākamācī*, leaves of the *aḍuṣā* plant, flowers of *nīlakamal*, and leaves of the plant *jayantī* in sequence. Finally prepare pills measuring 125 mg. each.

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Method of use/Administration: Take one pill every morning along with the juice of the roots of *balā*, lukewarm milk and *bhṛingarāja*. The medicine is called *Ratnaprabhā Vaṭī*.

Therapeutic benefits: It is capable to cure all kinds of diseases of women. It is also a *rasāyaṇa* and an aphrodisiac as well.

शिलाजतुवटिका–

शुद्धसूतं समं गन्धं रक्तोत्पलदलद्रवैः । कौटजेनाम्भसा चापि मर्दयेद्दिवसद्वयम् ।।६८।।
शिलाजतुपलान्यष्टौ तावती सितशर्करा । त्वक्क्षीरी पिप्पली धात्री कर्कटाख्या पलोन्मिता ।।६९।।
निदिग्धाफलमूलाभ्यां पलं युञ्ज्यात्त्रिजातकम् । मधुनः पलसंयुक्तं कुर्यान्माषसमान् गुडान् ।।७०।।
दाडिमाम्बु पयः पक्षिरसं तोयं सुवासितम् । तां भक्षयित्वाऽत्र पिबेन्निरन्नो भुक्त एव वा ।।७१।।
पाण्डुकुष्ठज्वरप्लीहतमकार्शोभगन्दरम् । पूतिविण्मूत्रशुक्रादिदोषमेहमहोदरम् ।।७२।।
कासासृग्रक्तपित्तञ्च प्रदरं रक्तसम्भवम् । तान् सर्वान् सुतरां हन्ति सर्वदोषहरी शिवा ।।७३।।

68-73. Śilājātu Vaṭikā:

Ingredients: Purified mercury, sulphur, decoction of the bark of *kuṭaja*, *śilājatu*, sugar, juice of red lotus, *vanśalocana*, *pippalī*, *āmalakī*, *śṛīngī*, fruits, roots of the small variety of *vyāghrī*, cinnamon barks, smaller cardamom, cassia leaves and honey.

Process of Drug-Making: Prepare *kajjalī* out of purified mercury and sulphur both measuring 50 gm. each. Churn the decoction of the bark of *kuṭaja* and the juice of red lotus with the *kajjalī* for two days. Add to it *śilājatu* and sugar (each measuring 400 gm.). Also add to it 50 gm. measure each of the powder of *vanśalocana*, *pippalī*, *āmalakī*, *śṛīngī*, fruits and roots of the small variety of *vyāghrī*, cinnamon barks, smaller cardamom, cassia leaves as well as honey. Thoroughly compound all these materials and prepare pills measuring 1 gm. each.

Method of use/Administration: Take one or two pills everyday along with juice of pomegranate, milk, juice of the meat of the birds, and water treated with scented flowers. Take this medicine before meals or immediately after meal.

Therapeutic benefits: This '*Śilājātu Vaṭīka*' is very effective in checking anemia, fever, leprosy, enlargement of spleen, piles, breathing troubles, urinary and sperm related troubles, *prameha*, bronchitis and leucorrhoea as well as metrorrhagia.

प्रदरारिलौहः–

वत्सकस्य तुलां सम्यग् जलद्रोणे विपाचयेत् । अष्टभागावशिष्टन्तु कषायमवतारयेत् ।।७४।।

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वस्त्रपूते घनीभूते द्रव्याणीमानि दापयेत् । समङ्गा शाल्मलं पाठा बिल्वं मुस्तञ्च धातकी ।।७५।।
अरुणा व्योमकं लौहं प्रत्येकन्तु पलं पलम् । कोलमात्रं प्रयुञ्जीत कुशमूलं पयो ह्यनु ।।७६।।
श्वेतं रक्तं तथा नीलं पीतं प्रदरदुस्तरम् । कुक्षिशूलं कटीशूलं देहशूलञ्च सर्वगम् ।।७७।।
प्रदरारिरयं लौहो हन्ति रोगान् सुदुस्तरान् । आयुःपुष्टिकरश्चैव बलवर्णाग्निवर्द्धनः ।।७८।।

74-78. Pradarāri Lauha:

Ingredients: Bark of *vatsaka*, water, *manjiṣṭhā* or *samangā*, root of the silk-cotton tree, *pāṭhā*, *bilva* fruits pulp, *mustaka*, flowers of *dhātakī*, *ativiṣā*, *abhraka bhasma*, *lauha bhasma* and *kalka* of the *kuśa* grass.

Process of Drug-Making: Take 4670 gm. measure of the bark of *vatsaka* and decoct it into water measuring 12.50 litres. Boil the decoction till the original quantity is reduced to one-eighth. Add 50 gm. each of the following into the decoction: *manjiṣṭhā* or *samangā*, root of the silk-cotton tree, *pāṭhā*, *bilva* fruits pulp, *mustaka*, flowers of *dhātakī*, *ativiṣā*, *abhraka bhasma* and *lauha bhasma* all in powdered form. When the decoction gets cold prepare pills measuring 6 gm. each.

Method of use/Administration: These pills are to be taken along with the *kalka* of the *kuśa* grass treated in water.

Therapeutic benefits: This *Pradarādi Lauha* medicine is capable to remove the leucorrhoea discharges reflecting red, yellow, black and white colours. It also cures the pain in stomach, back and other parts of the body. The medicine promotes the powder of digestion and provides strength and vigour to the body.

प्रदरान्तकलौहम् (र. सा. सं.)

लौहताम्रे हरितालं वङ्गमभ्रं वराटिका । त्रिकटु त्रिफला चित्रं विडङ्ग पटुपञ्चकम् ।।७९।।
चविका पिप्पली शङ्खं वचा हवुषपाकलम् । शटी पाठा देवदारु एला च वृद्धदारकम् ।।८०।।
एतानि समभागानि सञ्चूर्ण्य वटिकां कुरु । शर्करामधुसंयुक्तां घृतेन भक्षयेत्पुनः ।।८१।।
रक्तं श्वेतं तथा पीतं नीलं प्रदरदुस्तरम् । कुक्षिशूलं कटीशूलं योनिशूलञ्च संहरेत् ।।८२।।
मन्दाग्निमरुचिं पाण्डुं कृच्छ्रश्वासञ्च कासनुत् । आयुःपुष्टिकरं बल्यं रजोवर्णप्रसादनम् ।।८३।।

79-83. Pradarāntaka Lauham:

Ingredients: *Lauha bhasma*, *tāmra bhasma*, purified orpiment, *vanga bhasma*, *abhraka bhasma*, *varāṭikā bhasma* and *triphalā* and *trikaṭu*, *citraka*, *vayavidanga*, rock salt, sea salt, *vida* salt, *sauncara* salt, *romaka lavaṇa*, *cavya*, *pippalī*, *bhasma* of *śankha*, *vacā*, *havuṣā*, *kuṣṭha*, *karcūra*, *pāṭhā*, *devadāru*, smaller cardamom, seeds of *vriddhadāraka* and water.

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Process of Drug-Making: Get the following in equal parts: *lauha bhasma*, *tāmra bhasma*, purified orpiment, *vanga bhasma*, *abhraka bhasma*, *Varāṭikā bhasma* and *triphalā* and *trikaṭu*, *citraka*, *vayaviḍanga*, rock salt, sea salt, *viḍa* salt, *sauncara* salt, *romaka lavaṇa*, *cavya*, *pippalī*, the *bhasma* of *śankha*, *vacā*, *havuṣā*, *kuṣṭha*, *karcūra*, *pāṭhā*, *devadāru*, smaller cardamom, and seeds of *vṛiddhadāraka*. Treating them with water, process their mixture through a hand mortar. Prepare pills measuring 1 gm. each out of the preparation.

Method of use/Administration: Take these pills along with raw sugar and honey each measuring 6 gm. as well as *ghṛitam* measuring 10 gm.

Therapeutic benefits: This medication is capable to remove leucorrhoea discharges of various colours and such diseases as pains in stomach, skin and vagina, indigestion, anorexia, anemia, urinary and breathing troubles and bronchitis. This medicine provides nutrition to the body and is a very good *rasāyaṇa* as well.

(*Rasendra Sār Sangraha*)

लक्ष्मणालौहम्–

लक्ष्मणायाः पलशतं क्वाथयित्वा यथाविधि । क्वाथे पूते पूनः पक्वे घनीभूते च निक्षिपेत् ।।८४।।
अशोकं कुशमूलञ्च मधुकं मधुकं बलाम् । पाठां बिल्वं पलोन्मानं लौहं सर्वसमं तथा ।।८५।।
लक्ष्मणालौहनामेदं भेषजं स्त्रीगदापहम् । जगतामुपकाराय दस्राभ्यां परिनिर्मितम् ।।८६।।

84-86. Lakṣmaṇā Lauham:

Ingredients: *Pañcānga* (all the five parts) or roots of the plant *lākṣāmana*, water, bark of *aśoka* tree, roots of the *kuśa* grass, flowers of the *madhuka*, *madhuka* (*madhuyaṣṭī*), the roots of *balā*, *pāṭhā*, the powder of pulp of the seeds of *bilva* fruits and *lauha bhasma*.

Process of Drug-Making: Obtain 4760 gm. of the *pañcānga* (all the five limbs) or roots of the plant *lakṣmanā* and decoct it into water measuring 12.50 litre. When the quantity of the decoction is reduced to one eighth add into it 50 gm. measure each of the bark of *aśoka* tree, roots of the *kuśa* grass, flowers of the *madhuka*, *madhuka* (*madhuyaṣṭī*), the roots of *balā*, *pāṭhā*, the powder of pulp of the seeds of *bilva* fruits and 350 gm. measure of the *lauha bhasma*. Mix and process all these through a mortar.

Method of use/Administration: Take this medicine in doses of 500 mg.

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Therapeutic benefits: This drug called *Lakṣmaṇa Lauham* is very helpful in treating all kinds of diseases related to the females.

शीतकल्याणकं घृतम्–

कुमुदं पद्मकोशीरं गोधूमं रक्तशालयः । मुद्गपर्णी पयस्या च काश्मरी मधुयष्टिका ।।८७।।
बलातिबलयोर्मूलमुत्पलं तालमस्तकम् । विदारी शतपुष्पा च शालपर्णी सजीरका ।।८८।।
फलं त्रपुषबीजानि प्रत्यंग्र कदलीफलम् । एषामर्द्धपलान् भागान् गव्यक्षीरं चतुर्गुणम् ।।८९।।
पानीयं द्विगुणं दत्त्वा घृतप्रस्थं विपाचयेत् । प्रदरे रक्तगुल्मे च रक्तपित्ते हलीमके ।।९०।।
बहुरूपञ्च यत्पित्तं कामलायाञ्च शोणिते । अरोचके ज्वरे जीर्णे पाण्डुरोगे मदे भ्रमे ।।९१।।
तरुणी चाल्पपुष्पा या या च गर्भं न विन्दति । अहन्यहनि च स्त्रीणां भवति प्रीतिवर्द्धनम् ।।९२।।

87-92. Śīta Kalyāṇaka Ghṛitam:

Ingredients: Purified, *mūrcchita* old *ghṛitam* of cow-milk, cow milk, flowers of *kumuda*, *padmaka*, *uśīra*, wheat, red variety of *śāli* rice, *mudgaparṇī*, *kṣīrakākolī*, *gambhārī* fruits, *madhuyaṣṭīkā*, roots of *balā* and *atibalā*, blue lotus, *tālamastaka*, *vidārīkanda*, aniseeds, *śālaparṇī*, cumin seeds, *tṛiphalā*, seeds of the cucumber, unripe banana fruits and water.

Process of Drug-Making: Obtain the purified and *mūrcchita* old *ghṛitam* of cow-milk measuring 750 gm., cow milk measuring 3 litre and 23 gm. measure each of the following: flowers of *kumuda*, *padmaka*, *uśīra*, wheat, red variety of *śāli* rice, *mudgaparṇī*, *kṣīrakākolī*, *gambhārī* fruits, *madhuyaṣṭīkā*, roots of *balā* and *atibalā*, blue lotus, *tālamastaka*, *vidārīkanda*, aniseeds, *śālaparṇī*, cumin seeds, *tṛiphalā*, seeds of the cucumber and unripe banana fruits. Add about 3 litre of water into this preparation and boil this properly.

Therapeutic benefits: This preparation is very effective in checking such diseases as leucorrhoea, *rakta-gulma*, *rakta-pitta*, anemia, anorexia, chronic fever, jaundice, giddiness and the like. The adult age females not passing the menstrual discharges properly and those who are unable to conceive are cured through this medicine. This medicine helps the adequate growth of the genital organs of the females and greatly supports their overall health.

न्यग्रोधाद्यं घृतम्–

न्यग्रोधाश्वत्थपार्थामृतवृषकटुकाप्लक्षजम्बूप्रियालाः
श्योणाकोदुम्बराख्या मधुकतरुबला वेतसं केन्दुनीपम्
रोहीतं पीतसारं विधिविहितहितं सर्वमेषां तरूणां-
प्रत्येकं वलकलं तद्युगपलमखिलं क्षोदयित्वाभिषग्भिः ।।९३।।

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क्वाथंद्रोणाम्भसा तद्दृढविमलकटाहेऽपि पादावशेषं-
सर्पिःप्रस्थन्तु पाच्यं पचनकुशलिना मन्दमन्दानलेन ।।९४।।
प्रस्थं धात्रीरसानां विधिविहितजलप्रस्थमेकच्च शाले-
र्दत्त्वा त्र्यक्षन्तु कल्कं मधुकमपि मधोः पुष्पखर्जूरदार्वी
जीवन्तीकाश्मरीणां फलमपि युगलं क्षीरजाकोलियुग्मं-
रक्ताख्यं चन्दनं यत्तदपरममलं काञ्चनं शारिवा च ।।९५।।
न्यग्रोधाद्यं घृतं ह्येतद्देहं प्राप्यामृतायते । दुस्तरं प्रदरं हन्ति नील रक्तं सितासितम् ।।९६।।
योनिशूलं कुक्षिशूलं बस्तिशूलं सुदुःसहम् । अङ्गदाहं योनिदाहमक्षिकुक्षिभवञ्च यत् ।।९७।।
मन्ददृष्टिमश्रुपातं तिमिरं वातसम्भवम् । आध्मानानाहसूलघ्नं वातपित्तप्रकोपजित् ।।९८।।
अम्लपित्तञ्च पित्तञ्च योनिरोगं विनाशयेत् । दृष्टिप्रसादजननं बलवर्णाग्निकारकम् ।।९९।।

93-99. Nyagrodhādya Ghṛitam:

Ingredients: Old and *mūrcchita ghṛitam* of cow milk, barks of *nyagrodha*, banyan, *arjuna*, *guḍūcī*, *aḍuṣā*, *kaṭukī*, *plākṣa*, *jambū*, fruits of *priyāla*, barks of *śyoṇāka* tree, *udumbara* tree, *madhuka* tree and roots of the *balā*, *vetasa*, barks of *kendunī*, *kadamba*, *rohītaka*, *pītasāram*, water, juice of *āmalakī*, rice-washing, *madhuka*, flours of the *madhuka*, date fruits, *dāruharidrā*, *jīvantī* fruits, *gambhārī* fruits, *kākolī*, *kṣīrakākolī*, red and white varities of sandalwoods, *nāgakeśara* and *anantamūla*.

Process of Drug-Making: Obtain old *mūrcchita* cow *ghṛitam* measuring two litres and coarsely powdered form of the following herbs each measuring 93 gm.: barks of *nyagrodha*, banyan, *arjuna*, *guḍūcī*, *aḍuṣā*, *kaṭukī*, *plākṣa*, *jambū*, fruits of *priyāla*, barks of *śyoṇāka* tree, barks of *udumbara* tree, *madhuka* tree and roots of the *balā*, *vetasa*, barks of *kendunī*, *kadamba*, *rohītaka* and *pītasāram*. Put their mixture into water measuring 12.50 litre. Cook the preparation till it is reduced to the one fourth of the original quantity. Add to it 750 ml. each of the juice of *āmalakī* and rice-washing and *kalka* of the following herbs each measuring 35 gm.. *madhuka*, flours of the *madhuka*, date fruits, *dāruharidrā*, *jīvantī* fruits, *gambhārī* fruits, *kākolī*, *kṣīrakākolī*, red and white varities of sandalwoods, *nāgakeśara* and *anantamūla*. Finally cook of the preparation properly.

Method of use/Administration: The medicine is to be taken in doses measuring 6-12 gm. It should be taken along with lukewarm milk or water.

Therapeutic benefits: This *Nyagrodhādya Ghṛitam* is very effective in female diseases and is almost *amborasia* for them. This medicine is capable to remove all kinds of ailments related to leucorrhoea, pain in different parts of the body including stomach, vagina. It also cures such diseases as burning sensation in

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palms and soles, weakness of eyesight, and varieties of *pitta* related ailments. It promotes digestive power and increases the strength and vigour of the body.

विश्ववल्लभघृतम्–

केशराजस्य निर्गुण्ड्याःशतावर्याःकुशस्यच । विदार्याः स्वरसेनापि च्छागेन पयसाऽथवा ।।१००।।
कल्कैर्दाडिमबिल्वाब्दैर्लवङ्गैलाफलत्रिकैः । महता पञ्चमूलेन द्राक्षाचन्दनचम्पकैः ।।१०१।।
निशादारुनिशाभ्यां च वह्निना लवणैरपि । तोयपिष्टैः पचेत्सर्पिः पात्रे मृत्परिनिर्मिते ।।
विश्ववल्लभनामेदं घृतं स्त्रीगदसूदनम् ।।१०२।।

100-102. Viśvavallabha Ghṛitam:

Ingredients: *Mūrcchita ghṛitam*, juices of the *keśarāja*, *nirgunḍī*, *śatāvarī*, decoction of the plant *kuśamuka*, juice of the *vidārīkanda*, milk of goat, bark of the pomegranate fruits, powder of the pulp of unripe *bilva* fruits, *mustaka*, clove, smaller cardamom, *tṛiphalā*, *pañcamūla* (bark of roots of *sanapāṭhā*, *gambhārī*, *pāṭhā*, *bilva* trees), raisin, red sandalwood, bark of the *campaka* tree, *haridrā* and *dāru haridrā*, bark of *citraka* and the *pañcalavaṇa* (five varieties of the salt).

Process of Drug-Making: Take 750 ml. each of the following: *mūrcchita ghṛitam*, juices of the *keśarāja*, *nirgunḍī* and *śatāvarī*, decoction of the plant *kuśamuka*, juice of the *vidārīkanda* and milk of goat. Obtain also the following - bark of the pomegranate fruits, powder of the pulp of unripe *bilva* fruits, *mustaka*, clove, smaller cardamom, *tṛiphalā*, *pañcamūla* (bark of roots of *sanapāṭhā*, *gambhārī*, *pāṭhā*, *bilva* trees), raisin, red sandalwood, bark of the *campaka* tree, *haridrā* and *dāru haridrā*, bark of *citraka* and the *pañcalavaṇa* (five varieties of the salt) (8 gm. each). Cook all these materials properly in an earthen pot. This preparation is called *Viśvavallabha Ghṛitam*.

Dosage: 6-12 gm. along with warm milk or water.

Therapeutic benefits: It is very effective to check diseases of the women, particularly the leucorrhoea.

अशोकघृतम–

अशोकवल्कलप्रस्थं तोयाढकविपाचितम् । पादस्थेन घृतप्रस्थं जीरकक्वाथसंयुतम् ।।१०३।।
तण्डुलाम्बु त्वजाक्षीरं घृततुल्यं प्रदापयेत् । तथैव केशराजस्य प्रस्थमेकं भिषग्वरः ।।१०४।।
जीवनीयैः प्रियालैस्तु परूषैः सरसाञ्जनैः । यष्ट्याह्वाशोकमूलञ्च मृद्वीका च शतावरी ।।१०५।।
तण्डुलीयकमूलञ्च कल्कैरेभिः पलार्द्धकैः । शर्कराया पलान्यष्टौ सिद्धशीते प्रदापयेत् ।।१०६।।
पीतमेतद् घृतं हन्ति सर्वदोषसमुद्भवम् । श्वेतं नीलं तथा कृष्णं प्रदरं हन्ति दुस्तरम् ।।१०७।।
कुक्षिशूलं कटीशूलं योनिशूलञ्च सर्वजम् । मन्दाग्निमरुचिं पाण्डुं कृशतां श्वासकासकम् ।।१०८।।

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आयुःपुष्टिकरं बल्यं बलवर्णप्रसादनम् । देयमेतत्परं सर्पिर्विष्णुना परिकीर्त्तितम् ।।१०९।।

103-109.Aśoka Ghṛitam:

Ingredients: Cow's *mūrcchita ghṛitam*, bark of the *aśoka* tree, water, decoction of cumin seeds, washing of the uncooked rice, milk of goat, juice of *keśarāja*, *jīvaka*, *ṛiṣabhaka*, *medā*, *mahāmedā*, *kākolī*, *kṣīrakākolī*, *ṛiddhi*, *vṛiddhi*, *madhuyaṣṭī*, bark of the roots of *aśoka* tree, raisin, *śatāvarī*, powder of the roots of the plant *tanḍulīya* and raw sugar.

Process of Drug-Making: Take the cow's *mūrcchita ghṛitam* measuring 750 ml., decoction of the bark of *aśoka* tree measuring 750 ml., 750 ml. of decoction of cumin seeds, 750 ml. of washing of the uncooked rice, 750 ml. of milk of goat and 750 ml. of juice of *keśarāja*. Also get the following herbs each measuring 23 gm.: *jīvaka*, *ṛiṣabhaka*, *medā*, *mahāmedā*, *kākolī*, *kṣīrakākolī*, *ṛiddhi*, *vṛiddhi*, *madhuyaṣṭī*, bark of the roots of *aśoka* tree, raisin, *śatāvarī*, and powder of the roots of the plant *tanḍulīya*. Cook all the above medicines properly and strain the liquid. Add the raw sugar measuring 375 gm. to the liquid. The medicine is now prepared.

Method of use/Administration: Take it in doses of 6-12 gm. along with lukewarm milk or cold water.

Therapeutic benefits: By taking this drug daily one can easily get rid of the difficult cases of leucorrhoea, pain in different parts of the body particularly the genital organs, anorexia, indigestion, anemia, weakness, bronchitis and different breathing troubles. The medicine provides longevity and promotes the strength and vigour of the body. This medicine named *Aśoka Ghṛitam* was first prescribed by the God Viṣṇu himself.

प्रियङ्ग्वादितैलम्–

प्रियङ्गूत्पलाष्ट्याह्वफलत्रिकरसाञ्जनैः । चन्दनद्वयमञ्जिष्ठाशताह्वासर्जसैन्धवैः ।।११०।।
मुस्तमोचरसानन्तावायसीबिल्वबालकैः । कल्कैः करिकणाकृष्णाकाकोलीयुगलैस्तथा ।।१११।।
गन्धद्रव्यैश्च निखिलैश्छागीक्षीरेण मस्तुना । दार्वीक्वाथेन च पचेत् तैलं तिलसमुद्भवम् ।।११२।।
प्रियङ्गवद्यामिदं तैलं प्रदरं योनिजान् गदान् । ग्रहणीमतिसारञ्च हन्याद् गर्भस्य रक्षणम् ।।११३।।

110-113. Priyāngvādi Tailam:

Ingredients: Milk of the goat, water of the curd, decoction of *dāruharidrā*, *priyangu*, blue lotus, *yaṣṭimadhu*, *triphalā*, *rasāñjana*, red and white varieties of sandalwood, *manjiṣṭhā*, aniseeds, *sarja*, rock-salt, *mustaka*, *mocarasa*,

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anantamūla, *vāyasī*, bark of the *bilva* tree, *sugandhabālā*, *gajapippalī*, *pippalī*, *kākolī* and *kṣīrakākolī*.

Process of Drug-Making: Get the following measuring of 750 ml.: milk of the goat, water of the curd, and decoction of *dāruharidrā*. Also take 8 gm. measure each of the *priyangu*, blue lotus, *yaṣṭimadhu*, the *triphalā*, *rasāñjana*, red and white varieties of sandalwood, *manjiṣṭhā*, aniseeds, *sarja*, rock-salt, *mustaka*, *mocarasa*, *anantamūla*, *vāyasī*, bark of the *bilva* tree, *sugandhabālā*, *gajapippalī*, *pippalī*, *kākolī* and *kṣīrakākolī*. Prepare *kalka* of these herbs and pouring them into the above liquids cook the preparations thoroughly.

Therapeutic benefits: This medicine is capable to cure leucorrhoea, diseases of genital organs, sprue and dysentery and the like. The medicine also protects the womb and fetus.

अशोकारिष्टः–

अशोकस्य तुलामेकाञ्चतुर्द्रोणे जले पचेत् । पादशेषे रसे पूते शीते पलशतद्वयम् ।।११४।।
दद्याद्गुडस्यधातक्याःपलषोडशिकंमतम् । अजाजींमुस्तकं शुण्ठी दार्व्युत्पलफलत्रिकम् ।।११५।।
आम्रास्थिजीरकंवासांचन्दनञ्चविनिक्षिपेत् । चूर्णयित्वा पलांशेन ततो भाण्डे निधापयेत् ।।११६।।
मासादूर्ध्वञ्च पीत्वैनमसृग्दररुजां जयेत् । ज्वरञ्च रक्तपित्तार्शोमन्दाग्नित्वमरोचकम् ।।११७।।
मेहशोथादिकहरस्त्वशोकारिष्टसंज्ञितः ।।११८।।

114-118. Aśokāriṣṭa:

Ingredients: Bark of *aśoka* tree, water, raw sugar, flowers of *dhātakī*, black cumin seeds *mustaka*, dried ginger, *dāru-haridrā*, blue lotus, the *triphalā*, stone of mango fruit, black cumin seeds, all the five limbs (roots, leave, flower fruit and bark) of the plant *aḍuṣā*, white variety of sandalwood and *ghṛitam*.

Process of Drug-Making: Take 4670 gm. measure of the bark of *aśoka* tree and cook it along with water measuring 50 litres. When the original quantity is reduced to one fourth stop decocting the same and allow it to get cold. Subsequently, add to it 9340 gm. measure of the raw sugar, 750 gm. measure of the flowers of *dhātakī*, and 46 gm. measure powder each of the following: black cumin seeds, *mustaka*, dried ginger, *dāru-haridrā*, blue lotus the *triphalā*, the stone of mango fruit, black cumin seeds, all the five parts (roots, leave, flower fruit and stem) of the plant *aḍuṣā*, and white variety of sandalwood. Mix all of these together and put them into an earthen pot coated from inside with *ghṛitam* and treated with smoke. Put the pot beneath the earth for one month. Thereafter bring out the pot and strain the liquid.

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Method of use/Administration: Take this medicine in doses of 12-25 ml. along with water.

Therapeutic benefits: This *Aśokāriṣṭa* is very effective in checking such diseases as the *rakta-pradara* (metrorrhagia), fever, bloody piles, and indigestion, anorexia, *prameha* (i.e. urinary disorders including diabetes), *śotha* and *rakta pitta*.

लक्ष्मणारिष्टः–

लक्ष्मणायाः पलशतं चतुर्द्रोणजले पचेत् । पादशेषे कषायेऽस्मिन् क्षिपेद् गुडतुलाद्वयम् ।।११९।।
धातकीं षोडशपलां मुस्तकं मधुकं बलाम् । फलत्रयं निशाद्वन्दं जीरकं चन्दनद्वयम् ।।१२०।।
अजमोदां यमानीञ्च बिल्वञ्च पलमानतः । मासदूर्ध्वन्तु सिद्धोऽयमरिष्टः स्त्रीगदान्तकृत ।।१२१।।

119-121. Lakṣmaṇāriṣṭa:

Ingredients: Roots of *lakṣmaṇā*, water, raw sugar, powder of the dried flowers of *dhātakī* plant, *mustaka*, *madhuyaṣṭī*, roots of *balā*, *tṛiphalā*, *haridrā*, *dāruharidrā*, cumin seeds, white and red vareities of sandalwood, parsley, caraway and pulp of the unripe *bilva* fruits.

Process of Drug-Making: Take 4670 gm. measure of the roots of *lakṣmaṇā* and decoct it into 50 litre of water. Add to it 9340 gm. measure of raw sugar, powder of the dried flowers of *dhātakī* plant measuring 750 gm., 46 gm. measure each of the *mustaka madhuyaṣṭī*, roots of the *balā*, the *tṛiphalā*, *haridrā*, *dāruharidrā*, cumin seeds, white and red verities of sandalwood, parsley, caraway and pulp of the unripe *bilva* fruits. Put all these into an earthen pot that is coated with *ghṛitam* from inside and that is fomented. Closely light the earthen pot and place it beneath earth for one month. Thereafter remove them and strain the liquid out of the pot.

Method of use/Administration: Take this medicine in doses of 12-25 ml. along with water during morning and evening hours.

Therapeutic benefits: This medicine called *Lakṣmaṇāriṣṭa*, if taken for one month cures all kinds of the diseases of women.

पत्राङ्गासवः–

पत्राङ्गं खदिरं वासा शाल्मलीकुसुमं बला । भल्लातकं शारिवे द्वे जपाकुसुममस्फुटम् ।।१२२।।
आम्रास्थि दार्वी भूनिम्ब आफूकफलजीरकम् । लौहं रसाञ्जनं बिल्वं केशराजस्त्वचं तथा ।।१२३।।
कुङ्कुमं देवकुसुमं प्रत्येक पलसम्मितम् । सर्व सुचूर्णितं कृत्वा द्राक्षायाः पलविंशतिम् ।।१२४।।
धातकीं षोडशपलां जलद्रोणद्वये क्षिपेत् । शर्करायास्तुलां दत्त्वा क्षौद्रस्यार्द्धतुलां तथा ।।१२५।।

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एकीकृत्य क्षिपेद् भाण्डे निदध्यान्मासमात्रकम् । हन्त्युग्रं प्रदरं सर्वं श्वेतारुणं सवेदनम् ।
ज्वरं पाण्डुं तथा शोफं मन्दाग्नित्वमरोचकम् ।।१२६।।

122-126. Patrāngāsava:

Ingredients: *Patrānga* (*vakam*), *khadirakāṣṭha*, bark of *aḍuṣā* plant, flowers of the silk-cotton tree, root of the *balā*, purified *bhallātaka*, white and black varieties of *śārivā*, the buds of *japākusuma* plants, the stone of mango, *dāruharidrā*, *kirātatikta*, opium fruits, cumin seeds, *lauha bhasma*, *rasāñjana*, the pulp of the unripe *bilva* fruits, *bhṛingarāja*, cinnamon bark, saffron, clove, *kalka* of raisin fruit, powder of *dhātakī* flowers, water, raw sugar and honey.

Process of Drug-Making: Take 46 gm. measure each of the following: *patrānga* (*vakam*), *khadirakāṣṭha*, bark of *aḍuṣā* plant, flowers of the silk-cotton tree, root of the *balā*, purified *bhallātaka*, white and black varieties of *śārivā*, the buds of *japākusuma* plants, the stone of mango, *dāruharidrā*, *kirātatikta*, opium fruits, cumin seeds, *lauha bhasma*, *rasāñjana*, the pulp of the unripe *bilva* fruits, *bhṛingarāja*, cinnamon bark, saffron and clove. Also get *kalka* prepared out of raisin fruit (950 gm.), 750 gm. of the powder of *dhātakī* flowers. Dissolve all of these medicines into 25 litre of water. Add to it 4670 gm. measure of raw sugar and 2340 gm. measure of honey. Put the preparation into an earthen pot coated inside with *ghṛitam* and fomented. Keep the pot beneath earth for one month. Remove it thereafter and strain the drug into glass containers.

Method of use/Administration: Take the drug in doses of 12-25 ml. along with warm water or milk.

Therapeutic benefits: This medicine called *Patrāngāsava* cures effectively the painful cases of leucorrhoea, fever, anemia, *śotha* indigestion and anorexia.

प्रदररोगे पथ्यापथ्यव्यवस्था–
यत्पथ्यं यदपथ्यं च रक्तपित्तेषु कीर्त्तितम् । प्रदेऽपि यथादोषं तत्तन्नारी भजेत्त्यजेत् ।।१२७।।

127. The meals and drinks, the *do's* and don'ts prescribed in cases of the *raktapitta* are all applicable to the patients of leucorrhoea as well.

इति भैषज्यरत्नावल्यां प्रदररोगचिकित्साप्रकरण् ।।६६।।
इति भैषज्यरत्नावल्यां 'विद्योतिनी' नामिकायां भाषाटीकायांप्रदररोगचिकित्साप्रकरणम् ।।६६।।

End of the Chapter 66 of Bhaiṣajya Ratnāvalī with Commentary

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अथ योनिव्यापच्चिकित्साप्रकरणम् ६७

Chapter 67

Yoniviyapa Chikitsa (A Disease of Females)

योनिव्यापत्सु भूयिष्ठं शस्यते कर्म वातजित् । बस्त्यभ्यङ्गपरीषेकप्रलेपः पिचुधारणम् ।।१।।

1. In most of the indispositions related to female genitals such measures are useful as, *uttarabasti* (oily enema), ointments, *kalka*s, coating, and *picu* (placing in the vagina a cotton roll soaked in medicated oil, *ghṛitam*, juice of herbs, latex of trees like banyan).

वचोपकुञ्चिकाऽजाजी कृष्णा वृषकसैन्धवम् । अजमोदायवक्षारचित्रकं शर्कराऽन्वितम् ।।२।।
पिष्ट्वा प्रसन्नयाऽऽलोड्य खादेत्तद् घृतभर्जितम् । योनिव्यापत्तिहृद्रोगगुल्मार्शोविनिवृत्तये ।।३।।

2-3. Take in equal parts the following herbs: *vacā*, *pippalī*, *aḍuṣā*, rock salt, *yavakṣāra*, *citraka*, and jaggery. Powder them thoroughly and take 12 gm. measure of the powder and mix the same into *prasannā* (upper layer of the liquor) and add 2 gm. of *ghṛitam* to the preparation. Fry the preparation and sieve it hot. This medication cures the disease *yonivyāpada*, heart diseases, *gulma*, and piles.

गुडूचीत्रिफलादन्तीक्वाथैश्च परिषेचनम् ।।४।।

4. Application of ointment over the vagina with the decoction of *guḍūcī*, *tṛiphalā*, root of the *dantī* cures the disease.

नतवार्त्ताकिनीकुष्ठसैन्धवामरदारुभिः । तैलात् प्रसाधिताद्वार्यः पिचुर्योनौ रुजापहः ।।५।।

5. Obtain 375 ml. of sesame oil, 1500 ml. of water and cook it with the *kalka* of *kañṭakārī*, *kuṣṭha*, rock salt and *devadāru* (90 gm. each). Soak cotton rolls with this medicine and place the same in the vagina to get relief from the pain.

पित्तलानान्तु योनीनां सेकाभ्यङ्गपिचुक्रियाः । शीताः पित्तहाराः कार्याः स्नेहनार्थं घृतानि च ।।६।।

6. In the *yonivyapda* generated by the disorder of *pitta*, the cotton rolls soaked with the decoction obtained from drugs capable to remove *pitta* should be administered. One can also use such decoction in washing and coating the affected parts.

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योन्यां बलासदुष्टायां सर्वं रूक्षोष्णमौषधम् ।।७।।

7. Similarly, in *kapha* related *yonivyāpada*, decoction of anti- *kapha* herbs should be used.

पिप्पल्या मरिचैर्माषैः शताह्वाकुष्ठसैन्धवैः । वर्त्तिस्तुल्या प्रदेशिन्या धार्या योनिविशोधिनी ।।८।।

8. Obtain the powder of *pippalī*, black pepper, *urada* beans, aniseed, *kuṣṭha*, and the rock salt. Prepare finger long wicks using the powder and place them in the vagina during night to get relief from the *yonivyāpada*.

हिंस्राकल्कन्तु वातार्त्ता कोष्णमभ्यज्य धारयेत् । पञ्चवल्कस्य पित्तार्त्ता श्यामादीनां कफोत्तरा ।।९।।

9. In *vāta* related *yonivyāpada*, first of all apply an ointment and then coat the affected part with *kalka* of *hinsra*. In the *pitta* related *yonivyāpada*, *kalka* of the *pañcavalkala* (barks of the trees like banyan, *neem*, *pippalī*, and the like) should be applied. In *kapha* related *yonivyāpada kalka* of the *śyamādi gaṇa* herbs is to be administered.

मूषिकामांससंयुक्तं तैलमातपभावितम् । अभ्यङ्गाद्धन्ति योन्यर्शः स्वेदस्तन्मांससैन्धवैः ।।१०।।

10. Take the *kalka* of flesh of mice (250 gm.) and treat it with oil of sesame (250 m.l.). Expose the preparation to sun for seven days and then strain the oil. Use the oil as ointment to apply over the vagina of patient. Optionally, roll into the leaves of castor tree the flesh of mice treated with the rock salt in lukewarm condition. Apply the preparation to the affected part. This medication can cure all kinds of piles of the vagina.

गोपित्ते मत्स्यपित्ते वा क्षौमं सप्ताहभावितम् । मधुना किण्वचूर्णं वा दद्यादचरणापहम् ।।
स्रोतसां शोधनं कण्डूक्लेदशोषहरञ्च यत् ।।११।।

11. Soak and dry a piece of cotton into *pitta* of cow or fish for seven consecutive days and wrap the affected part with the same. Optionally, pound the seeds of *kiṇva* (*surābīja*) along with honey. Apply this preparation as ointment over the vagina. This medication restores the functions of the vital channels and removes the dryness of the vagina.

वामिन्याः पूतियोन्याश्च कर्त्तव्यः स्वेदनोऽपिवा । क्रमः कार्यस्ततः स्नेहपिचुभिस्तर्पणं भवेत् ।।१२।।

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12. In cases of vagina producing bed smells, one should first apply the *svedana* therapy. Following that one should apply the *picu* (cotton swab) soaked with medicated oil.

शल्लकीजिङ्गिनीजम्बूधवत्वक्पल्लवैः । कषायैः साधितः स्नेहः पिचुः स्याद्विप्लुतापहः ।।१३।।

13. Take the barks of the plants *śaliakī*, *jinghini*, *jambū* and *dhāva* and obtain the leaves of trees like *vāta*, *udumbara*, *plākṣa*, *pippalī* and *vetas*. Take one kilogram and a quarter of the above and boil the same in eight liters and a quarter of water. When the original amount is reduced to one eighth mix into the preparation 275 ml. of sesame oil and again boil the decoction.

कर्णिन्यां वर्त्तिका कुष्ठपिप्पल्यर्काग्रसैन्धवैः । वस्तमूत्रकृता धार्य्या सर्वञ्च कफहृद्धितम् ।।१४।।

14. Prepare the *kalka* of the leaves *kuṣṭha*, *pippalī* and *arka* treated with the rock salt. Prepare a wick out of the preparation and place the same into the narrowed vagina. Alternatively one can administer the anti-*kapha* drugs to remove dryness.

त्रैवृतं स्नेहनं स्वेद उदावृत्तानिलार्त्तिषु । तदेव च महायोन्यां स्रस्तायाञ्च विधीयते ।।१५।।

15. In the cases of disrupted vagina as well as other *vāta* related vagina indispositions, application of oil medicated with the *kalka* of herb *niśotha*. The same treatment is also prescribed in cases of large and loose vagina.

आखोर्मांसं सपदि बहुधा खण्डखण्डीकृतं यत्तैले पाच्यं द्रवति नियतं योवदेतन्न सम्यक् ।
तत्तैलाक्तं वसनमनिशं योनिभागे दधाना हन्ति व्रीडाकरभगफलं नात्र सन्देहबुद्धिः ।।१६।।

16. Obtain flesh of an immediately killed mouse in 1 part and oil in four parts. Cook the preparation thoroughly. Optionally, Use the flesh of *ākhu* (rat). Soak a cotton swab into the oil and place this into the affected part. This medication effectively cures the shameful ailments related to vagina.

शतपुष्पातैलतेपात्तुवरीदलजात्तथा । पेटिकामूललेपेन योनिर्भिन्ना प्रशाम्यति ।।१७।।

17. Prepare a *kalka* of aniseeds based in oil or *kalka* of the pulse pigeon peas or the *kalka* of the roots of plant *petika*. Applying any of the above as ointment restores the joints of separated parts of vagina.

सुषवीमूललेपेन प्रविष्टा तु बहिर्भवेत् । योनिर्मूषावसाऽभ्यङ्गान्निःसृता प्रविशेदपि ।।१८।।

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18. Coating of the *kalka* of the roots of plant *kārvellaka* based on water restore the poison of vagina displaced outwardly. Similarly, coating of the oil of the fat of the mouse restore the poison of vagina displaced inwardly.

लोध्रतुम्बीफलालेपो योनिदार्ढ्यं करोति च । वेतसमूलनिःक्वाथक्षालनेन पथैव च ।
मूषिकावागुलिवसा-म्रक्षणं योनिदार्ढ्यकृत् ।।१९।।

19. Coating the *kalka* of the mix of *lodhra* and *tumbiphalā* or washing through the decoction of the decoction of *vetasmūla* or through application of the fat of mouse or bat (*vaguli*) makes the vagina strong and consolidated.

वचा नीलोत्पलं कुष्ठं मरिचानि तथैव च । अश्वगन्धा हरिद्रा च गाढीकरणमुत्तमम् ।।२०।।

20. Coating the *kalka* of *vacā*, *nīlakamal*, *kuṣṭha*, *marica*, *aśvagandhā* and *haridrā* also makes the vagina strong and consolidated.

पलाशोदुम्बरफलं तिलतैलसमन्वितम् । मधुना योनिमालिप्य गाढीकरणमुत्तमम् ।।२१।।

21. Application of the *kalka* of powder of the *palāśa* and flowers of *udumbara* along with honey over vagina also makes it strong and consolidated.

मदनफलमधुककर्पूरप्रपूरितंकामिनीजनस्य । चिरगलितयौवनस्य च वराङ्गमतिगाढसुकुमारम् ।।२२।।

22. Application of the *kalka* of *madanaphala*, *madhuka*, and camphor along with honey over makes vagina of the elderly also soft and consolidated.

वेतसस्य तु मूलानि क्वाथयेन्मृदुनाऽग्निना । भगं प्रक्षालितं तेन गाढं समुपजायते ।।२३।।

23. Washing the vagina with the decoction of root of *vetasa* also makes it strong and consolidated.

स्याच्छिथिलाऽपि च दृढा सुरगोपाज्याभ्यङ्गतो योनिः ।।२४।।

24. Massaging the vagina with the *kalka* of *indragopakita* and *ghṛitam* tightens even very loose vagina.

पञ्चपल्लवयष्ट्याह्वमालतीकुसुमैर्घृतम् । रविपक्वमन्यथा वा योनिगन्धनिवारणम् ।।२५।।

25. Take *kalka* of the leaves of mango, *kapittha*, *jambīra* lemon, *bilva* and *yaṣṭimadhu* and jasmine flower measuring 13 gm. each and decoct them

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thoroughly in *ghṛitam* (375 gm.). Daily application of the medicated oil removes the bad smells of the vagina.

सुतनूकरोति मध्यं पीतं सलिलेन माधवीमूलम् ।।२६।।

26. Application of the *kalka* of roots of *madhavi* makes the waist of ladies thin.

आर्त्तवप्रवर्त्तका योगाः–

इक्ष्वाकुबीजदन्तीचपलागुडमदनफलकिण्वयष्ट्याह्वम् ।
सस्नुक्क्षीरैर्वर्त्तिर्योनिगता कुसुमसञ्जननी ।।२७।।

27. Obtain the powder of the seeds of *ikṣaku*, *dantī*, *pippalī*, *guḍa*, *madanaphala*, *surābīja* and *madhuyaṣṭī* and process them in a mortar along with latex of the plant *snuhī*. Prepare wicks out of the preparation and place them in the vagina. This medication restores the ceased menstruation flow of the ladies.

सकाञ्जिकं जपापुष्पं भृष्टं ज्योतिष्मतीदलम् । दूर्वापिष्टञ्च सम्प्राश्य वनिता त्वार्त्तवं लभेत् ।।२८।।

28. Prepare *kalka* of the *japa* flower and leaves of plant *joytiśmati* and fry it in the *ghṛitam*. Treat the *kalka* then with the juice of *dūrvā* and consume it to restore the ceased menstruation flow.

पीतं ज्योतिष्मतीपुष्पस्वर्जिकोग्रासनं त्र्यहम् । शीतेन पयसा पिष्टं कुसुमं जनयेद् ध्रुवम् ।।२९।।

29. Combine the flowers of *jyotiṣmatī*, *svarjikṣāra*, *vacā* and flowers of the plant *pītaśāla*. Compound them all using cold water as the base. Drinking the preparation for three consecutive days restores the ceased menstruation flow of the ladies.

गर्भरोधकरा योगाः–

पिप्पलविडङ्गटङ्गणसमचूर्णं या पिबेत्पयसा । ऋतु समये नहि तस्या गर्भः संजायते क्वापि ।।३०।।

30. The ladies who take the powder of pepper, *vāyaviḍanga*, and fire baked borax pieces, all in equal parts and along with the cow-milk during her menses would never conceive.

आरनालपरिपेषितं त्र्यहं या जपाकुसुममत्ति पुष्पिणी ।
सत्पुराणगुडमुष्टिसेविनी संदधाति नहि गर्भमङ्गना ।।३१।।

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31. The lady who takes the *kalka* of *arnala* flowers along with *kānji* and old jaggery (measuring 48 gm.) during her periods would not conceive.

पाठापत्रमृतुस्नाता पीत्वा गर्भं न धारयेत् ।।३२।।

32. If one drink *kalka* of the leaves of *pāṭhā* dissolved in water after washings and bathing at the close of one's period, one would never conceive.

रजोनिवृत्तिकरा योगाः–

धात्र्यर्जुनाभयाचूर्णं तोयपीतं रजो हरेत् । शेलुच्छदमिश्रपिष्टं भक्षणञ्च तदर्थकृत् ।।३३।।

33. For stopping the menstrual flow, one should drink the *kalka* of *āmalakī*, bark of *arjuna* tree (in some texts, *añjana* i.e. collyrium) and *harītakī* dissolved into water. Likewise, *kalka* of the leaves of *śailuś* and rice grains can also halt the menstrual flow.

रसाञ्जनं हैमवती वयःस्था चूर्णीकृतं शीतजलेन पीतम् ।
रजोविनाशं नियतं करोति शङ्काऽत्र का गर्भसमागमस्य ।।३४।।

34. Take powder of the *harītakī*, *āmalakī* and *rasāñjana* in 12-24 gm. measure along with water. It would lead to the condition of menopause.

After that one cannot conceive.

पुत्रप्रदप्रयोगाः–

पुष्योद्धृतं लक्ष्मणायाश्चकाङ्क्षायास्तु कन्यया । पिष्टं मूलं दुग्धघृतपीतमृतौ तु पुत्रदम् ।।३५।।

35. Obtain the disc-marked root of *lākṣāmana* plant by removing the same during the period of *Puṣya* constellation. Get this root compounded by some young girl and drink it for three consecutive days after monthly period. This medication should be followed by intake of milk mixed with *ghṛitam*. This measure would definitely lead to conception and the lady in question would bear a male child without any doubt.

सुवर्णस्य रूप्यकस्य चूर्णे ताम्रस्य चाज्यसम्मिश्रे । पीते शुद्धे क्षेत्रे भेषजयोगाद् भवेद् गर्भः ।।३६।।

36. Take one *taṇḍula* measure (approximately eight grams) each of the *svarṇa bhasma* and *tāmra bhasma*, and two *taṇḍula* measure of *ropya bhasma*. Mix all of them into *ghṛitam* and consume the same for one week after periodical washing and cleaning. This medication would purify the womb and the lady in question would definitely conceive.

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कृत्वा शुद्धौस्नानंविलङ्ध्यदिवसान्तरेततःप्रातः । स्नात्वा द्विजायदत्त्वाभक्त्यासम्पूज्या लोकनाथेशम् ।।
श्वेतबलाङ्घिकयष्टी कर्षं कर्षं पलन्तु शर्करायाः ।।३७।।
पिष्ट्वैकवर्णजीवद्वत्साया गोस्तु दुग्धेन । समधिकघृतेन पेयं नात्र दिने देयमन्नमन्यच्च ।।३८।।
क्षुधिते सदुग्धमन्नंदद्यादापुरुषसन्निधेस्तस्याः । समदिवसेशुभयोगेदक्षिणपार्श्वावलम्बिनी धीरा ।।३९।।
त्यक्तस्त्र्यन्तरसङ्गः प्रहृष्टमनसोऽतिवृद्धधातोश्च । पुंसः सङ्गममात्राल्लभते पुत्रं ततो नियतम् ।।४०।।

37-40. After periodical washing and cleaning, the lady should fast for the whole day. The following day, she should worship the sun God and give donations to the priests. After that she should arrange milk of a cow that have living calf of her own and who sports a single colour complexion. Now she should compound the root of *śvetabalā* and *madhuyaṣṭī* each measuring 12 gm. and dissolve the *kalka* into the milk. Add to this preparation 48 gm. measure of jaggery and 18 gm. measure of cow-*ghṛitam*. She should drink this preparation and nothing else for whole day. Next day, if she feels hungry, she should take boiled rice along with milk. She should continue to take this meal further if she is not sleeping with her husband. Then on an even date, considering auspicious constellation period, the lady should intercourse with a person who is faithful to her and who is not having relations with other females and who has proper sexual strength. By doing so the lady in question would definitely conceive and bear a male child, there is no doubt on this.

पुंसवनप्रयोगाः–

गोष्ठजातवटस्य प्रागुत्तरशाखजे शुभे । शुङ्गे माषौ तथा गौरसर्षपौ दधियोजितौ ।।
पुष्यपीतौ द्रुतापन्नसत्त्वायाः पुत्रकारकौ ।।४१।।

41. Get stems of the banyan tree generated in the cow shed. See that the stems are plucked from the eastern and northern parts of the tree. Obtain two grains of the *urada* pulse and two seeds of the mustard plant. Compound all of them along with curd and consume the same during the *Puṣya* constellation period. This measure would definitely help to conceive and bear a male child.

Note- The above preparation should be continuously taken till the third month of pregnancy as the genital organs of fetus forms at this stage only. However, there is difference of opinion on this account. Some scholars would prescribe to take the above preparation only once, some would suggest taking the preparation so long as the *Puṣya* constellation remains over the sky during the pregnancy in question.

पुष्ये पुत्तलिकां हैमीं वह्निप्रतापिताम् । क्षीरे निर्वाप्य संतप्तं पिबेद् दुग्धं पलाष्टकम् ।।४२।।

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42. Purify a piece of gold and get a mini idol of a male manufactured out of it. Bake the idol on fire and put it into a pot of milk. Drinking this milk during the period of *Puṣya* constellation. This measure would definitely get a lady male child.

पत्रमेकं पलाशस्य गर्भिणी पयसाऽन्वितम् । पीत्वा च लभते पुत्रं रूपवन्तं न संशयः ।।४३।।

43. Obtain the *kalka* of the soft leaves of *palāśa* tree and dissolve it into milk. Drink the milk during the first three months of pregnancy to bear a male child.

क्वाथेन हयगन्धायाः साधितं सघृतं पयः । ऋतुस्नाताऽबला पीत्वा गर्भं धत्ते न संशयः ।।४४।।

44. Cook the decoction of the *aśvagandhā* thoroughly along with *ghṛitam*. Take this medicated *ghṛitam* on the forth day after menstruation is over and the periodical washing and cleaning are done. This measure would definitely help one to get conceived.

Note: For decoction of the *aśvagandhā*, one should take the powder of the herb measuring 25 gm., milk of cow measuring 200 ml. and water measuring 800 ml. After the preparation is thoroughly boiled, strain it.

पिप्पली शृङ्गबेरञ्च मरिचं नागकेशरम् । घृतेन सह पातव्यं बन्ध्याऽपि लभते सुतम् ।।४५।।

45. Take the powder of pepper, dried ginger, black pepper, and *nāgakeśara* in doses of 1-2 gm. along with *ghṛitam*. This medication is to be taken after menstruation is over and the periodical washing and cleaning are done. It would definitely help to get conceive. Even the ladies who are barren and issueless out of fault can conceive through this medication.

कृष्णापराजितामूलं बस्तीक्षीरेण संपिबेत् । ऋतुस्नाता त्र्यहं या तु वन्ध्या गर्भवती भवेत् ।।४६।।

46. Prepare *kalka* of the root of plant *Viṣṇukrāntā* bearing blue flowers. Dissolve the *kalka* into milk. Drink this preparation for three consecutive days after menstruation is over and the periodical washing and cleaning are done. Even the ladies who are barren and issueless out of fault can conceive through this medication.

काकोल्यौ लक्ष्मणामूलं तथा षष्टिकतण्डुलम् । नार्येकवर्णापयसा पीत्वा गर्भवती ऋतौ ।।४७।।

47. Obtain *kalka* of the roots of the *kākolī*, *kṣīrakākolī*, *lākṣāmana*, and rice of the *śāli* variety in equal parts. Take this *kalka* along with milk. This medication helps even the barren ladies to get conceived.

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गोक्षुरस्य तु बीजन्तु पिबेन्निर्गुण्डिकारसैः । त्रिरात्रं सप्तरात्रं वा बन्ध्या भवति पुत्रिणी ।।४८।।

48. Compound the seeds of *gokṣura* along with juice of the leaves of plant *gundika*. Drink this preparation for three to seven consecutive days after menstruation is over and the periodical washing and cleaning are done. This medication helps the barren ladies to get conceived and bear a male child.

पुष्यार्कयोगोद्धृतलक्ष्मणायामूलं तथा श्वेतबलान्तु पिष्ट्वा ।
अप्येकवर्णा पयसा निपीतं स्त्रियः स्मृतं पुत्रकरं मुनीन्द्रैः ।।४९।।

49. Obtain the roots of plants *lākṣāmana* and *śvetabalā* on a Sunday falling within the Puṣya constellation period. Compound them along with milk of cow sporting a single complexion. Taking this medication helps the barren ladies to get conceived and bear a male child.

पुष्योद्धृतं लक्ष्मणमेव चूर्णं पुंसा निपिष्टं सघृतं निपीय ।
क्षीरौदनंप्राश्यपतिप्रसङ्गाद्गर्भविदध्यात्तरुणि न चित्रम् ।।५०।।

50. The husband should remove the root of plant *lākṣāmana* during the *Puṣya* constellation period. He should compound the root along with *ghṛitam* and offer this to his wife for licking. The lady in context should remain on cow milk. If the intercourse were done during this medication, she would definitely conceive.

नष्टपुष्पान्तकरसः (र. च.)–

रसेन्द्रगन्धकं लौहं वङ्गं सौभाग्यमेव च । रजतं चाभ्रताम्रं च प्रत्येकं च पलं पलम् ।।५१।।
गुडूची त्रिफला दन्ती शेफाली कण्टकारिका । दारु जीवन्ती कुष्ठं च बृहती काकमाचिका ।।५२।।
नक्तं तालीसवेत्राग्रं श्वदंष्ट्रा वृषकं बला । एतेषां स्वरसैर्भाव्यं त्रिवारं च पृथक् पृथक् ।।५३।।
सैन्धवं मधुकं दन्ती लवङ्गं वंशलोचनम् । रास्नां गोक्षुरबीजं च शाणमानं विचूर्णयेत् ।।५४।।
सर्वमेकीकृतं पेष्यं जयन्तीतुलसीरसैः । मर्दयित्वा वटीः कुर्यान्नष्टपुष्पकयोषिताम् ।।५५।।
नष्टपुष्पे नष्टशुक्रे योनिशूले च शस्यते । ऋतुशूले क्लेदयोन्यां विशेषे चाममारुते ।।५६।।
एतान् रोगान्निहत्याशु भास्करस्तिमिरं यथा ।।५७।।

51-57. Naṣṭpuṣpantka Rasa:

Ingredients: *Pārada*, *gandhaka*, *lauha bhasma*, *vanga bhasma*, *rajata bhasma*, *abhraka bhasma*, *tāmra bhasma*, juice of *triphalā*, *dantī*, *harsingara*, *vyāghrī*, *dāruharidrā*, *jīvantī*, *kuṣṭha*, bigger variety of *vyāghrī*, *kākamācī*, *haridrā*, *tāliśavetra*, soft leaves of *vetra*, *gokṣura*, *aḍuṣā*, powder of the rock salt,

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madhuyaṣṭī, *dantīmula*, clove, *vanśalocana*, *rāsnā*, *gokṣura* seeds, juice of *jayantī* and *tulasī*.

Process of Drug-Making: Obtain *pārada*, *gandhaka*, *lauha bhasma*, *vanga bhasma*, *rajata bhasma*, *abhraka bhasma*, *tāmra bhasma* each measuring 50 gm. Prepare *kajjalī* out of the mix and process the preparation through *bhāvanā* method using separately the juice of *triphalā*, *dantī*, *harsingara*, *vyāghrī*, *dāruharidrā*, *jīvantī*, *kuṣṭha*, bigger variety of *vyāghrī*, *kākamācī*, *haridrā*, *tālīśavetra*, soft leaves of *vetra*, *gokṣura* and *aḍuṣā* for three consecutive terms. Add to the preparation powder of the rock salt, *madhuyaṣṭī*, *dantīmula*, clove, *vanśalocana*, *rāsnā*, *gokṣura* seeds, each measuring 3 gm. Churn the preparation thereafter along with juice of the *jayantī* and *tulasī*. Prepare pills weighing 250 mg. each out of the preparation.

Method of use/Administration: Doses of one to two pills are prescribed along with lukewarm water.

Therapeutic benefits: These pills are very effective to check such diseases as anemia, loss of sperms, pain in the vagina, pains during the menses and *āmavāta*.

(*Rasendra Cintāmaṇī*)

रजःप्रवर्त्तिनी वटी (रजोनिरोधादौ)–

टङ्कणं हिङ्गु कासीसं कन्यासारं समांशकम् । कुमारीस्वरसेनैव चणकप्रमिता वटी ।।५८।।
रजोरोधं कष्टरजो वेदनाश्च तदुद्भवाः । रजःप्रवर्त्तिनी नाम वटी तूर्णं विनाशयेत् ।।५९।।
भाषिता नीलकण्ठेन वह्निः काष्ठचयं यथा ।।६०।।

58-60. Rajapravarttīni Vaṭī:

Ingredients: Purified borax, asafoetida fried in *ghṛitam*, *kaśīśa*, abstracts of plant *ghṛitakumārī* and juice of *ghṛitakumārī*.

Process of Drug-Making: Obtain all in equal parts the purified borax, asafoetida fried in *ghṛitam*, *kaśīśa*, and the abstracts of plant *ghṛitakumārī*. Powder them all and process the mix through a mortar along with the juice of *ghṛitakumārī*. Prepare pills measuring two out of the mix.

Method of use/Administration: This *Rajapravarttīni Vaṭī* (pills) has been prescribed by sage Śrīnīlakaṇṭha. One or two pills should be taken along with clean or lukewarm water.

Therapeutic benefits: Taking these pills relieves one from the indisposition related to anemia, improper and painful menstrual flow.

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अपामार्गादिवर्त्तिः (रक्तस्रावे)–

अपामार्गस्य मूलस्य गोधूमस्य च चूर्णकम् । खदिरं फणिफेनं च प्रत्येकं च त्रिमाषकम् ।।६१।।
सर्वमेकत्र नीरेण संपष्यि घृतसंयुता । वर्त्तिः कृता योनिमध्ये घृताऽस्त्रस्रुतिजित् परा।।६२।।

61-62. Apamārgādi Varttī:

Ingredients: Root of *apāmārga*, powder of wheat, abstracts of catechu, purified opium and water.

Process of Drug-Making: Take the powder of the root of *apāmārga*, powder of wheat, abstracts of catechu and purified opium, all in measurement of 3 gm. Compound them in a mortar along with water and after getting it dried prepare 2 wicks (taking 6 gm. each of the above compound) out of them.

Method of use/Administration: Place these wicks inside the vagina.

Therapeutic benefits: This medication stops the excessive menstrual flow.

कुमारिका वटी–

कुमारिका सारमथोऽहिफेनकं काशीसकं वङ्गसुरप्रिये च ।
समं समं साधु विमर्द्य वारिणा द्विरक्तिमाना वटिका विदध्यात् ।।६३।।
कुमारिका नाम वटीयमुत्तमाम्भसाऽनुपानेन निषेविता सदा ।
मक्कल्लशूलं च जरायुशूलंयोनेश्च शूलं च रुजः समस्ताः ।
सुदारुणा बाधकरोगसंयुताविनाशयत्येव तृणं यथाऽग्निः ।।६४।।

63-64. Kumārīka Vaṭī:

Ingredients: *Ghṛitakumārī*, purified opium, *kaśīśa*, *vanga bhasma* and *surāpriyā* and water.

Process of Drug-Making: Take *ghṛitakumārī*, purified opium, *kaśīśa*, *vanga bhasma* and *surāpriyā*, all in measurement of equal parts. Process them through a mortar along with water and after getting it dried prepare pills (250 mg. each) out of them. This pill is called *Kumārīka Vaṭī*.

Method of use/Administration: Take these pills in afternoon as well as evenings. This pill should be taken four days before start of the period or during the menstruation.

Therapeutic benefits: It relieves one from such diseases as *makkalśūla*, *jarayauśūla* and *yoniśūla* and the like. This medicine treats *yonivyāpada* as effectively as sun removes the darkness.

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विजयादिवटी–

विजयाकन्यकासारौ मूलं रक्तोत्पलोद्भवम् । अपामार्गोद्भवं तद्वत् समं सर्वं तु वारिणा ।।६५।।
संमर्द्य रक्तियुगलोन्मिताः कुर्याद्वटीः शुभाः । सेवनाद्विलयं यान्ति सत्वरं कटिजा रुजः ।।६६।।
जरायुशूलं बाधा च कृच्छ्रा कृच्छ्ररजः स्रुतिः । विजयादि वटी ह्येषा महादेवेन भाषिता ।।६७।।

65-67. Vijayādi Vaṭī:

Ingredients: Abstracts of *vijayā*, *ghṛitakumārī*, root of the lotus flower, *apāmārga* and water.

Process of Drug-Making: Take in equal parts abstracts of *vijayā* and *ghṛitakumārī*, root of the lotus flower and *apāmārga*. Process them along with water through a mortar and prepare pills measuring 250 mg. each. Finally dry the pills. This pill called *Vijayādi Vaṭī* has been suggested by Śrī Mahādevaji.

Therapeutic benefits: One is cured of such dreadful diseases as back pain, *jaraYūṣaūla*, difficult and painful menstruation and the like.

संविदासारः–

संविदामञ्जरीपत्रस्वरस वस्त्रशोधितम् । जलस्वेदनयन्त्रेण गाढमेव प्रकल्पयेत् ।।६८।।
यावन्मुद्राङ्कनं तत्र भवेद्वा गोलकं तथा । रक्तिपादमितादर्द्धरक्तिमात्रं प्रदापयेत् ।।६९।।
द्वित्रिवारं सेवनेन स्त्रीणां शूलं जरायुजम् । योनिशूलं द्रुतं हन्यात् संविदासारनामकः ।।७०।।
प्रोक्तो गहननाथेन फलवर्त्तिप्रयोगतः । मात्रया रक्तिमितया योनिव्यापत्प्रणश्यति ।।७१।।
आमवातश्च दुःसाध्यस्तमकश्वास एव च । तथा चायामकः शीघ्रं सिंहाक्रान्तो यथा करी ।।७२।।
संविदामञ्जरीपत्रस्वरसाभावतोऽथवा । शुष्कमञ्जीरीपत्राणां क्वाथो देयो यथाविधि ।।७३।।

68-73. Sanvidasara:

Ingredients: Juice of leaf of *mañjarī* (buds) of plant *vijayā*.

Process of Drug-Making: Obtain the juice of the leaf of *mañjarī* (buds) of plant *vijayā* and strain it through a piece of cloth. Process it through evaporator (stove) till the juice gets consolidated. If the abstract is consolidated enough to receive the impression of one's palm remove it from the evaporator (stove).

If the fresh leaves of plant *vijayā* is not available one can use the dried leaves instead. This medicine has been prescribed sage Gahannāth.

Method of use/Administration: Take this medicine in doses of 32-62 mg. It can be taken twice or thrice in a day. One can also use this preparation in shape of wicks and place them in vagina.

Therapeutic benefits: This medicine cures one from the *jaraYūṣaūla* and *yoniśūla*. It also helps one to get cure from disease of *yonivyapad*. By taking this

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daily one can effectively check the diseases like difficulty *āmavāta* and breathing troubles.

फलघृतम् (शा. ध. सं.)–

त्रिफलां द्वे सहचरे गुडूची सपुनर्नवाम् । शुकनासां हरिद्रे द्वे रास्नां मेदां शतावरीम् ।।७४।।
कल्कीकृत्य घृतप्रस्थ पचेत् क्षीरं चतुर्गुणम् । ततः संपाययेन्नारी योनिशूलनिपीडिताम् ।।७५।।
पिण्डिता चलिता याच निःसृता विवृताच या । पित्तयोनिश्च विस्रस्ता षण्ढयोनिश्च या स्मृता ।।७६।।
प्रपद्यन्ते हि ताः स्थानं गर्भं गृह्णन्ति चासकृत् । एतत् फलघृतं नाम योनिदोषहरं परम् ।।७७।।

74-77. Phalaghṛitam:

Ingredients: *Harītakī*, *vibhītakī*, *āmalakī* (*triphalā*), *sahacara*, *guḍūcī*, *śuknasa*, *punarnavā*, *punarnavā*, bark of plant *rāsnā*, *medā*, *śatāvarī*, *haridrā*, *dāru haridrā*, *mūrcchita ghṛitam*, milk and water.

Process of Drug-Making: Obtain in equal parts (i.e. 13 gm. each) the following herbs: *harītakī*, *vibhītakī*, *āmalakī* (*triphalā*), *sahacara*, *guḍūcī*, *śuknasa*, *punarnavā*, *punarnavā*, *haridrā*, *dāru haridrā*, bark of plant *rāsnā*, *medā* and *śatāvarī*. Compound them on a stone and prepare a *kalka*. Pour the *kalka* into *mūrcchita ghṛitam* measuring 750 ml., milk and water each measuring 3 litre. Cook the preparation thoroughly and strain the liquid.

Therapeutic benefits: This medicated *ghṛitam* helps the ladies to get cure from diseases such as *yoniśūla*, *pinḍīta*, *calita*, *nihaśruta*, *vivrata*, *pittayoni*, *visrastha* and *śandyoni*. (These indispositions refer to vagina. Once these are cured the vagina is restored to its original condition.) This medicine called *Phalaghṛitam* is capable of curing all the vaginal troubles. Ladies can get pregnant repeatedly after medication of *phalāghṛitam*.

(*Śārangdhar Samhitā*)

फलकल्याणघृतम्–

मञ्जिष्ठा मधुकं कुष्ठं त्रिफला शर्करा बला । मेजा पयस्या काकोलीमूलञ्चैवाश्वगन्धजम् ।।७८।।
अजमोदा हरिद्रे द्वे हिङ्गु कटुकरोहिणी । उत्पलं कुमुदं द्राक्षाकाकोल्यौ चन्दनद्वयम् ।।७९।।
एतेषां कार्षिकैर्भागैर्घृतप्रस्थं विपाचयेत् । शतावरीरसं क्षीरं घृताद्देयं चतुर्गुणम् ।।८०।।
सर्पि रेतन्नरः पीत्वा नित्यं स्त्रीषु वृषायते । पुत्रान् सञ्जनयेन्नारी मेधाढ्यान् प्रियर्शनान् ।।८१।।
या चैवास्थिरगर्भा स्याद्या च वा जनयेन्मृतम् । अल्पायुषं वा जनयेद् या च कन्यां प्रसूयते ।।८२।।
योनिदोषे रजोदोषे परिस्रावे च शस्यते । प्रजावर्द्धनमायुष्यं सर्वग्रहनिवारणम् ।।८३।।
नाम्ना फलघृतं ह्येतदश्विभ्यां परिकीर्त्तितम् । अनुक्तं लक्ष्मणामूलं क्षिपन्त्यत्र चिकित्सकाः ।
जीवद्वत्सैकवर्णाया घृतमत्र तु गृह्यते । आरण्यगोमयेनापि वह्निज्वाला प्रदीयते ।।८४।।

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78-84. PhalaKalyāṇaghṛitam:

Ingredients: *Mūrcchita ghṛitam* of cow, juice or decoction of the *śatāvarī*, milk of cow, *manjiṣṭhā*, *madhuka*, *kuṣṭha*, *haraḍa*, *vibhītaka*, *āmalakī*, jaggery, root of *balā*, *medā*, *kṣīravidārī*, *kṣīrakākolī*, root of *aśvagandhā*, *ajamodā*, *haridrā*, *dāruharidrā*, asafoetida, *koṣatakī*, *nīlakamal* (blue lotus); *kumuda*, raisin, white and red varieties of sandalwood.

Process of Drug-Making: Obtain *mūrcchita ghṛitam* of cow measuring 750 ml., juice or decoction of the *śatāvarī* and milk of cow both measuring 3 litre each, *manjiṣṭhā*, *madhuka*, *kuṣṭha*, *haraḍa*, *vibhītaka*, *āmalakī*, jaggery, root of *balā*, *medā*, *kṣīravidārī*, *kṣīrakākolī*, root of *aśvagandhā*, *ajamodā*, *haridrā*, *dāruharidrā*, asafoetida, *koṣatakī*, *nīlakamal* (blue lotus), *kumuda*, raisin, white and red varieties of sandalwood, each measuring 12 gm. Boil all of them thoroughly along with the *mūrcchita ghṛitam*.

Though it has not been suggested above, many physicians would include the roots of plant *lakṣmaṇā* to the above preparation. For preparing the medicine, the *mūrcchita ghṛitam* and milk should be obtained from only such cows who are of a single colour complexion and whose calves survive long.

Method of use/Administration: This medicated *ghṛitam* should be taken in doses of 6-12 gm. along with warm cow milk by men before sleeping.

Therapeutic benefits: This medicine promotes the sexual power of the men and they become as powerful as the bull so far as intercourse is concerned. If taken by females this medicine helps them get conceived and bear intelligent and handsome male issues. Such women who faces trouble of miscarriage or who bears dead fetus, or those whose sons die after some years or months only, or those ladies who bear only female child time and again, this medicine is very helpful.

This medicated *ghṛitam* helps ladies to effectively treat vagina related troubles, menstrual problems and the like. It helps them get conceived and promotes their longevity. This medicine is capable to pacify to pacify the effects of vicious constellations. This medicine is called *Phalaghṛitam*. It has been prescribed by the celestial physicians, Aśvinī brothers.

सोमघृतम्–

सिद्धार्थकं वचा ब्राह्मी शङ्खपुष्पी पुनर्नवा । वयस्थामययष्ट्याह्वं कटुका च फलत्रयम् ।।८५।।
शारिवे रजनी पाठा भृङ्गदारुसुवर्चलाः । माञ्जिष्ठा त्रिफला श्यामा वृषपुष्पं सगैरिकम् ।।८६।।

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धीमान् पक्त्वा घृतप्रस्थं सम्यङ्मन्त्राभिमन्त्रितम् । द्विमासगर्भिणी नारी षण्मासानुपयोजयेत् ।।८७।।
सर्वज्ञं जनयेत्पुत्रं सर्वामयविवर्जितम् । अस्य प्रयोगात् कुक्षिस्थः स्फुटवाग्व्याहरत्यपि ।।८८।।
योनिदुष्टाश्च या नार्यो रेतोदुष्टाश्च ये नराः । स्त्रीणां पुंसां दोषहरं घृतमेतदनुत्तमम् ।।८९।।
वन्ध्याऽपि लभते पुत्रं शूरं पण्डितमानिनम् । जडगद्गदमूकत्वं पानादेवापकर्षति ।।९०।।
सप्तरात्रप्रयोगेण नरः श्रुतिधरो भवेत् । नाग्निर्दहति तद्वेश्म न वज्रमुपहन्ति च ।।
न तत्र म्रियते बालो यत्रास्ते सोमसंज्ञितम् ।।९१।।

85-91. Somaghṛitam:

Ingredients: *Mūrcchita ghṛitam* of cow, white mustard seeds, *vacā*, *brāhmī*, *gambhārīphalā*, *paruṣka*, *śveta śārivā* and *kṛiṣṇa śārivā*, *haridrā*, *pāṭhā*, *bhṛinga*, *devadāru*, *suvarcala*, *manjiṣṭhā*, *haraḍa*, *vibhītika*, *āmalakī*, *priyangu*, flowers of *aḍuṣā*, purified *svarṇa gairika* and water.

Process of Drug-Making: Take *mūrcchita ghṛitam* of cow measuring 750 ml. and the following herbs: white mustard seeds, *vacā*, *brāhmī*, *gambhārīphalā*, *paruṣka*, *śveta śārivā* and *kṛiṣṇa śārivā*, *haridrā*, *pāṭhā*, *bhṛinga*, *devadāru*, *suvarcala*, *manjiṣṭhā*, *haraḍa*, *vibhītika*, *āmalakī*, *priyangu*, flowers of *aḍuṣā* and purified *svarṇa gairika* (7 gm. each). Add 3 litre measure ofwater to it and boil the preparation along with the *mūrcchita ghṛitam*. After that preserve the medicated *ghṛitam* into a glass pot chanting the holy *Gāyatrī* Hymns.

Method of use/Administration: After two months' pregnancy, the pregnant woman should take this medicated *ghṛitam* for six months.

Therapeutic benefits: Through this medication the pregnant woman bears a very intelligent, healthy male issue having a very clear voice. This *Somaghṛitam* restores the health of females suffering from vaginal troubles and males from sperm related indispositions. Even a barren lady can bear a strong and intelligent son through this medicine. This medicine cures the indispositions like dumbness and stammering. By taking this medicated *ghṛitam* for seven consecutive days one acquires a great memory power. The household, which uses the medicine, cannot be set on fire, his house would not get damaged through lightening and children of the house would never die prematurely.

कुमारकल्पद्रुमघृतम्–

पञ्चाशच्छागमांसस्य दशमूल्यास्तथैव च । जलमष्टगुणं दत्त्वा क्वाथेन मृदुनाऽग्निना ।।९२।।
चतुर्भागावशेषञ्च क्वाथं गृह्यप्रयत्नतः । गव्यं प्रस्थद्वयं सर्पिर्गृह्णीयात् कुशलो भिषक् ।।९३।।
क्षीरं घृतसमं दद्यान्नारायण्या रसं तथा । ताम्रे वा मृन्मये पात्रे तदेकत्र पचेच्छनैः ।।९४।।
कुष्ठं शटी च मेदे द्वे जीवकर्षभकौ तथा । प्रियङ्गु त्रिफला दारु पत्रमेला शतावरी ।।९५।।

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काश्मरी मधुकं क्षीरकाकोली मुस्तमुत्पलम् । श्वेतवाट्यालजं मूलं मूलञ्च शरपुङ्खजम् ।
जीवन्ती चन्दनञ्चैव काकोली शारिवायुगम् ।।९६।।
विदारीद्वयमिञ्जष्ठापर्णिनीद्वयमेव च ।।९७।।
नागपुष्पं तथा दारुहरिद्रा रेणुकं तथा । ज्योतिष्मतीभवं मूलं शङ्खिनी नीलिनी वचा ।।९८।।
अगुरुत्वग् लवङ्गञ्च कुङ्कुमं निक्षिपेत्ततः । एतेषां कार्षिकं कल्कं दत्त्वा शुभदिने सुधीः ।।९९।।
शुभनक्षत्रयोगे च संपूज्य गणनायकम् । शङ्करञ्च मृडानीञ्च नमस्कृत्यातिभक्तितः ।।१००।।
पाकं कुर्यात्प्रयत्नेन विजानन् मन्त्रपूर्वकम् । सिद्धशीते क्षिपेत्तत्र पारदं परिनिर्मलम् ।।१०१।।
सुजीर्णं शोधितञ्चाभ्रं गन्धकं कार्षिकं न्यसेत् । ततः पुष्परसं तत्र प्रस्थार्द्धञ्च विनिक्षिपेत् ।।१०२।।
काचसम्पुटके चान्यपात्रे वा स्थापयेत् सुधीः । पराशरमुनिः प्रीतिकरुणावारिधिर्मुदा ।।१०३।।
बन्ध्यामयविनाशाय शिशुकल्पद्रुमं घृतम् । चकारास्य प्रसादेन जन्मबन्ध्यालभेत् सुतम् ।।१०४।।
खादेत् कर्षमितं सर्पिर्दत्त्वा विप्राय सादरम् । अनुपानं प्रकुर्वीत पयश्छागं विशेषतः ।।१०५।।
गव्यं वाऽपि पिबेत् क्षीरं शीतं पलयुगं तथा । घृतस्यास्य सुसिद्धस्य गुणाञ्छणु समाहितः ।।१०६।।
अस्य प्रसादात् षण्ढोऽपिवन्ध्यायांजनयेत्सुतान् । रजोदोषेणयादुष्टा शुक्रदोषेण योऽपि च ।।१०७।।
स्त्री भगस्थगदेनैव पीडिता या च सर्वदा । या च पुष्पं न विन्देत ऋतुना पीडिता च या ।।१०८।।
भूत्वा भूत्वा च नश्यन्ति सुता यासां मुहुर्मुहुः । अनेकौषधयोगेन मन्त्रयोगेन वा पुनः ।।१०९।।
अनेकव्रतयोगेन यासां पुत्रो न जायते । तासां कामसमः पुत्रा जायन्ते चिरजीविनः ।।११०।।
एतद् घृतं गृहे यस्य न तस्य कुलिशाद्भयम् । न राक्षसैः पिशाचैश्च गृह्यते तस्य बालकः ।।१११।।
नोपसर्पति सर्पोऽपि दर्पात्तस्य गृहान्तरम् ।।११२।।

92-112. Kumarkalpdrum Ghṛitam:

Ingredients: *Mūrcchita ghṛitam* of cow's milk, mutton, *daśamūla*, water, milk, juice or decoction of plant *śatāvarī*, *kuṣṭha*, *śaṭī*, *medā*, *mahāmedā*, *jīvaka*, *ṛiṣabhaka*, *priyangu*, *haraḍa*, *vibhītaka*, *āmalakī*, *devadāru*, cassia leaves, smaller cardamom, *śatāvarī*, *gambhārī* fruit, *madhuyaṣṭī*, *kṣīrakākolī*, *muṣṭaka*, *nīlakamal*, *jīvantī*, red sandalwood, *kākolī*, *śveta śārivā*, *kṛiṣṇa śārivā*, root of the *śveta balā*, *vidārī*, *kṣīra vidārī*, *manjiṣṭhā*, *śālaparṇī*, *pṛiṣṭhaparṇī*, nag*keśar*, *dāru haridrā*, *hareṇukā*, roots of *jyotiṣmatī*, *śankhapuṣpī*, *nīlinīvṛikṣa*, *vacā*, *aguru*, cinnamon bark, clove, *keśara*, purified mercury, sulphur, *abhraka bhasma* and honey.

Process of Drug-Making: Take the *mūrcchita ghṛitam* of cow's milk measuring 1500 ml. as well as the flesh of goat and *daśamūla* measuring 2335 gm. each, water measuring 37.360 litre, milk and juice or decoction of plant *śatāvarī* measuring 1500 ml. Also take 12 gm. powder each of the following: *kuṣṭha*, *śaṭī*, *medā*, *mahāmedā*, *jīvaka*, *ṛiṣabhaka*, *priyangu*, *haraḍa*, *vibhītaka*, *āmalakī*, *devadāru*, cassia leaves, smaller cardamom, *śatāvarī*, *gambhārī* fruit, *madhuyaṣṭī*, *kṣīrakākolī*, *muṣṭaka*, *nīlakamal*, *jīvantī*, red sandalwood, *kākolī*, *śveta śārivā*, *kṛiṣṇa śārivā*, root of the *śveta balā*, *vidārī*, *kṣīra vidārī*, *manjiṣṭhā*, *śālaparṇī*,

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pṛiṣṭhaparṇī, nag*keśar*, *dāru haridrā*, *hareṇukā*, roots of *jyotiṣmatī*, *śankhapuṣpī*, *nīlinīvṛikṣa*, *vacā*, *aguru*, cinnamon bark, clove and *keśara*. All of the above should be decocted by well experienced physician on some holy days considering the auspicious constellations, date and day after bathing and getting cleaned and having worshipped Gods Ganesha, Śankara and Goddess Parvati. After decocting the preparation on a slow heat using copper or earthenware one should treat the same with 12 gm. measure each of the purified mercury and sulphur. Also, add to the preparation 12 gm. measure of *abhraka bhasma* and honey measuring 375 gm. This medicine has been prescribed by the most kind sage Parashara for helping the mankind to maintain health. This medicine is named as *Kumārakalp Drum*.

Method of use/Administration: First of all, this medicine should be offered to a priest, then it should be taken in doses of 6-12 gm. along with lukewarm milk of cow or goat.

Therapeutic benefits: By taking this medicine even a barren lady can bear children. If the medicine is taken by a male even after being impotent he can acquire manly power and strength to indulge in intercourse successfully. This medicine is very helpful to the ladies who are always diseased by indisposition related to vaginal and menstrual troubles or to those ladies whose children die infant or those ladies who are not bearing child even after performing numerous rituals and *langhaṇa* (fasting). The household that uses this medicine cannot be struck by the lightening and the children therein remain free from the danger of demons and ghosts. Even the snakes cannot enter into such household.

सुधाकरतैलम्–

बलायाः केशराजस्य दूर्वायाश्च धवस्य च । पारिभद्रस्य पद्मस्य स्वरसेन च मस्तुना ।।११३।।
तण्डुलस्य च तोयेन लाक्षायाः सलिलेन च । काञ्जिकेन तथा कल्कैर्धात्रीधान्यकमुस्तकैः ।।११४।।
काकोलीक्षीरकाकोलीजीवकर्षभकोत्पलैः । वाजिगन्धातुगाक्षीरीशिलाजतुरसाञ्जनैः ।।११५।।
यष्टिमधुकमञ्जिष्ठामुरामांसीयवासकैः । गन्धद्रव्यैश्च निखिलैः पचेत्तैलं तिलोद्भवम् ।।११६।।
सुधाकराभिधं तैलमेतन् स्त्रीगदसूदनम् । बल्यं रसायनं वृष्यमायुष्यं स्मरदीपनम् ।।११७।।

113-117. Sudhakara Tailam:

Ingredients: Purified oil of sesame, decoction of *balā*, juice of the plant *keśarāja*, juice of the *dūrvā*, decoction of plant *dhāva*, decoction of plant *pāribhadra*, juice of the lotus flower, buttermilk, rice-washing (*taṇḍulodaka*), juice of the *lakṣha* or its decoction, *kānji*, *āmalakā*, coriander seeds, *muṣṭaka*,

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kākolī, *kṣīrakākolī*, *jīvaka*, *ṛiṣabhaka*, *nīlakamal*, *aśvagandhā*, *vanśalocana*, *śilājatu*, *rasāñjana*, *yaṣṭi*, *madhuka*, *manjiṣṭhā*, *murāmānsī*, *yavāsaka* and oil of sesame.

Process of Drug-Making: Take purified oil of sesame, decoction of *balā*, juice of the plant *keśarāja*, juice of the *dūrvā*, decoction of plant *dhāva*, decoction of plant *pāribhadra*, juice of the lotus flower, buttermilk, rice-washing (*taṇḍulodaka*), juice of the *lakṣha* or its decoction and *kānji*, each measuring 750 ml. For *kalka* obtain the following herbs: *āmalakī*, coriander seeds, *muṣṭaka*, *kākolī*, *kṣīrakākolī*, *jīvaka*, *ṛiṣabhaka*, *nīlakamal*, *aśvagandhā*, *vanśalocana*, *śilājatu*, *rasāñjana*, *yaṣṭi*, *madhuka*, *manjiṣṭhā*, *murāmānsī* and *yavāsaka* (12 gm. each). Cook thoroughly the herbs along with the oil of sesame and treat it with *kalka* of the above-suggested materials. One should also add to the preparation the drugs suggested in the chapter relating to the *vāta roga*. This medicated oil called *Sudhakara Taila*.

Method of use/Administration: This medicine can be used as ointment as well as in soaking cotton swabs to be kept inside the vagina.

Therapeutic benefits: This medicine cures the ladies from all kinds of vaginal troubles and promotes their strength, longevity and sexual desires.

हिङ्ग्वादितैलम्–

हिङ्गुकासीससिन्धूत्थैः शुण्ठीपत्रकचित्रकैः । सहासाराब्धिफेनेन्दुक्षारत्रयनिशायुगैः ।।११८।।
विपक्वं सार्षपं तैलं पुष्पसञ्जननं परम् । रजःकृच्छ्रहरञ्चापि योनिशूलनिवारणम् ।।११९।।

118-119. hinguvādi Tailam:

Ingredients: Purified mustard oil, powder of asafoetida, *kaśīśa*, powder of the rock salt, dried ginger, cassia leaves, bark of plant *citraka*, aloe, *samudra phena* (os sepia sea foam), camphor, *yavakṣāra*, *svarjikṣāra*, borax, *haridrā* and water.

Process of Drug-Making: Take purified mustard oil measuring 750 ml. Also, take the following for preparing *kalka*: powder of asafoetida, *kaśīśa*, powder of the rock salt, dried ginger, cassia leaves, bark of plant *citraka*, aloe, *samudra phena* (os sepia sea foam), camphor, *yavakṣāra*, *svarjikṣāra*, borax, *haridrā* and *dāru haridrā* (14 gm. each). Combine all of them with the above oil and add to the combination water measuring 3 litre and cook the preparation thoroughly.

Method of use/Administration: Use this medicated oil for massaging the affected parts or for soaking cotton swabs to be put inside the vagina.

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Therapeutic benefits: It helps ladies to regulate their menstrual flow and get relief from vaginal troubles.

हयमारादितैलम्–

हयमारामृताव्योषसिन्धूत्थैः सरसाञ्जनैः । त्रिवृद्दन्तीनिशाभिश्च पथ्याकट्फलमुस्तकैः ।।१२०।।
इनद्रवारुणिकापाठानागकेशरचित्रकैः । सिद्धं तैलं निहन्त्याशु योनिकण्डूं सुदारुणाम् ।।१२१।।
भगाङ्कुरस्य संवृद्धिं स्मरोन्मादञ्च योषिताम् । योनिव्रणञ्च तत् क्लेदं तदर्शांसि च सर्वथा ।।१२२।।

120-122. Hayamarādi Tailam:

Ingredients: Purified mustard oil, roots of *hayamara*, *amṛitā*, dried ginger, *marica*, *pippalī*, rock salt, *rasāñjana*, *niśotha*, roots of plant *dantī*, *haridrā*, *haraḍa*, *kaṭphala*, *muṣṭaka*, roots of plant *indrayava*, *pāṭhā*, *nāgakeśara* and bark of plant *citraka*.

Process of Drug-Making: Take purified mustard oil measuring 750 ml. and for preparing *kalka* take the following: roots of *hayamara*, *amṛitā*, dried ginger, *marica*, *pippalī*, rock salt, *rasāñjana*, *niśotha*, roots of plant *dantī*, *haridrā*, *haraḍa*, *kaṭphala*, *muṣṭaka*, roots of plant *indrayava*, *pāṭhā*, *nāgakeśara* and bark of plant *citraka* (11 gm. each). Cook all of them thoroughly.

Therapeutic benefits: This *Hayamarādi Tailam* effectively checks such diseases as difficult *yonikanḍu*, *yonivarṇa*, *yonikleda* (indispositions related to vagina), piles of the vagina as well as sexual hysteria.

योनिरोगे पथ्यापथ्यानि–

पृथक् सर्वमलोत्थासु योनिव्यापत्सु विंशतौ । यानि पथ्यान्यपथ्यानि तानि तानि यथामलम् ।
योजयेद्वर्जयेच्चापि क्रमेण मर्तिमान् भिषक् ।।१२३।।

123. The does and don'ts in cases of vaginal troubles: The vaginal indispositions are caused by problems in *doṣas* like *vāta*. Therefore, depending on the exact cause of the disease concerned one should take precautions suggested in *doṣa* related disorders.

इति भैषज्यरत्नावल्यां योनिव्यापच्चिकित्साप्रकरणम् ।।६७।।
इति भैषज्यरत्नावल्यां 'विद्योतिनी' नामिकायां भाषाटीकायांयोनिव्यापच्चिकित्साप्रकरणम् ।।६७।।

End of the Chapter 67 of Bhaiṣajya Ratnāvalī with Commentary

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अथ गर्भिणीरोगचिकित्साप्रकरणम् ६८

Chapter 68

Garbhiṇirogachikitsa (Diseases related to Pregnancy)

मासानुमासिका गर्भस्त्रावहरा योगाः–

प्रथमें मासि गर्भे तु यदा भवति वेदना । चन्दनं शतपुष्पा च शर्करा मदयन्तिका ।।१।।
एतानि समभागानि पिष्ट्वा तण्डुलवारिणा । पाययेत् पयसाऽऽलोड्य गर्भिणी मात्रया भिषक् ।।२।।

1-2. If there is trouble in first month of pregnancy, in shape of pain in womb and connected limbs the patient should take *kalka* of the sandalwood, *śatāvarī* and aniseeds in equal parts along with rice-washing (*taṇḍulodaka*). The preparation should be taken by mixing it into milk.

तथा तिलान् पद्मकञ्च शालूकं शालितण्डुलान् । क्षीरेण पिष्ट्वा क्षीरेण सिताक्षौद्रान्वितेन च ।।३।।
आलोड्या पाययेन्नारीं ततः सम्पद्यते शुभम् । तस्मिन् सुजीर्णे दातव्यं भोजनं क्षीरसंयुतम् ।।४।।

3-4. Optionally, one can also take milk treated with *kalka* of sesame seeds, *padmaka*, *shalukā* (*padmakanda*) and *śāli* variety of rice. This preparation can be taken with jaggery and honey. It helps the pregnant get relief. If the disease is old, one should take milk and boiled rice.

द्वितीये मासि गर्भे तु यदा भवति वेदना । तदोत्पलस्य कल्कन्तु शृङ्गाटककशेरुकम् ।।५।।
तण्डुलोदकपिष्टन्तु पाययेत्तण्डुलाम्बुना । निवार्य गर्भशूलञ्च स्थिरं गर्भ करोति च ।।६।।

5-6. If there is trouble in second month of pregnancy, the lady should take the *kalka* of *nīlakamal*, *Śṛinga*tak and *kaśeru* along with the rice-washing (*taṇḍulodaka*). It should be taken by dissolving the *kalka* into rice-washing (*taṇḍulodaka*) itself. This medication consolidates the position of the fetus.

तृतीये क्षीरकाकोली काकोल्यामलकीफलम् । पिष्टमुष्णोदकेनैतत्पाययेद् गर्भिणीं भिषक् ।।
शाल्यन्नं पयसा जीर्णं भोजयेदनु गर्भिणीम् ।।७।।

7. If there is trouble in third month of pregnancy, the lady should take the *kalka* of *kṣīrkākolī*, *kākolī* and a*āmalakī* along with lukewarm water. If the disease is old, one should take milk and boiled rice.

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तथा पद्मोत्पलं कुष्ठं शालूकञ्च समांशिकम् । सितोदकेन पिष्ट्वा तु क्षीरेणालोड्य पाययेत् ।।८।।
तेन मूलं निवर्त्तेत न गर्भो व्यथते ध्रुवम् ।।९।।

8-9. Optionally, one can take the *kalka* of padam, *nīlakamal*, *kuṣṭha*, *shalukā* (padam mul, i.e. roots of the lotus) in equal parts (i.e. 10 gm. each) along with water treated with jaggery. This *kalka* should be dissolved in milk before consuming. This medication consolidates the position of the fetus and get the woman relief from womb related pains.

चतुर्थे तु विधानज्ञः पाययेदिदमौषधम् । पिष्ट्वोत्पलञ्च शालूकं कण्टकारी त्रिकण्टकम् ।।
यथाग्निमात्रया काले गर्भिणी पयसा सह ।।१०।।

10. If there is trouble in fourth month of pregnancy, the lady should take *kalka* of *nīlakamal*, *shalukā* (padam mul), roots of plant *kañṭakārī* and *gokṣur* along with milk. This preparation should be treated with jaggery in a small quantity. By taking this medicine the pregnant women get relief from womb related troubles.

तथा गोक्षुरकं सिंही बालकं नीलमुत्पलम् । पिष्ट्वा क्षीरेण पातव्यं गर्भशूलनिवारणम् ।।११।।

11. Optionally, she can also take the *kalka* of *gokṣur*, roots of bigger variety of plant *kañṭakārī*, *sugandhabālā* and nil*kamal* along with milk. By taking this medicine the pregnant women get relief from womb related troubles during the fourth month of pregnancy.

पञ्चमे मासि गर्भे तु यदा भवति वेदना । तत्र नीलोत्पलं वीरां पिष्ट्वा क्षीरेण पाचनम् ।।१२।।
घृतक्षौद्रान्वितं पीत्वा गर्भस्य च रुजं हरेत् ।।१३।।

12-13. If there is any trouble related to womb and fetus during the fifth month of pregnancy, the patient should take 24 gm. measures of *nīlakamal* and *kṣīrkākolī* as well as 192 ml. measure of milk and 768 ml. measures of water boiled thoroughly. This preparation should be boiled in the whole quantity is reduced to 192 ml. After the medicine is cooled one can drink it along with *ghṛitam* measuring 6 gm. and honey measuring 3 gm.

तथा नीलोत्पलं नारी काकोलीं समभागिकाम् । शीततोयेन पिष्ट्वा च क्षारेणालोड्य पाययेत् ।।
अनेन विधिना गर्भः स्थिरः स्याद्रुक् प्रशाम्यति ।।१४।।

14. Optionally, one can also take the *kalka* of *nīlakamal*, *priyangu* and *kākolī*, dissolved in milk. By taking this medicine the pregnant women get relief from womb related troubles during the fifth month of pregnancy.

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षष्ठे मासि यदा गर्भे वेदना जायते तदा । मातुलुङ्गस्य बीजानि प्रियङ्गु चन्दनोत्पलम् ।।१५।।
क्षीरेणालोड्य पातव्यं गर्भशूलनिवारणम् ।।१६।।

15-16. If there is any trouble related to womb and fetus during the sixth month of pregnancy, the patient should take *kalka* of *priyangu*, red sandalwood and *nīkamal* (6 gm. each) along with milk (250 milk.) as well as dissolved in the milk. This medication helps the pregnant to get relief from womb related troubles.

तथा प्रियालबीजानि मृद्वीका लाजशक्तवः । एतत् सुशीतल काले पीत्वा च सुखमश्नुते ।।१७।।

17. Optionally, she can take powder of *priyāl* seeds, currant fruits and poppy of paddy, all pasted along with cold water. This medicine also helps to check the womb related pains.

सप्तमे शतपुत्राञ्च मृणालसहितां पिबेत् । पिष्ट्वा क्षीरेण शूलार्त्ता गर्भिणी या सुखार्थिनी ।।१८।।

18. If there is any trouble related to womb and fetus during the seventh month of pregnancy, the patient should take *kalka* of *śatāvarī* (10 gm.) and *mrināl* (10 gm.) along with milk (250 ml.).

कपित्थं क्रमुकामूलं सलाजं शर्करायुतम् । शीततोयेन सम्पिष्टं क्षीरेणालोड्य पाययेत् ।।
पीत्वा हन्त्यबला शीघ्रं शूलं गर्भसमुद्भवम् ।।१९।।

19. Alternatively one can take ka*pitta*, roots of betel plants, poppy of paddy (10 gm. each) pasted along with cold water. This preparation should be first dissolved in milk (250 ml.) treated with jaggery. Taking this medication a pregnant women get relief from womb related problems during the seventh month.

अष्टमे तु यदा मासि गर्भे भवति वेदना । तदा पिष्ट्वा तु धन्याकं पाययेत्तण्डुलाम्बुना ।।
शूलं निवर्त्तते तेन गर्भः सन्धार्यते स्त्रियः ।।२०।।

20. If there is any trouble related to womb and fetus during the eighth month of pregnancy, the patient should take *kalka* of coriander seeds (25 gm.) along with the rice-washing (*taṇḍulodaka*) (200 ml.). This medication consolidates the position of fetus.

एवं पलाशस्य दलं सुपिष्टं सम्पीय तोयेन सुशीतलेन ।
अत्यन्तघोराष्टममासगर्भव्यथातुरा यान्ति सुखं तरुण्यः ।।२१।।

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21. Alternatively she can take the *kalka* of soft leaves of *palāś* tree (25 gm.) along with cold water. This also helps pregnant women get relief from womb related troubles during the eighth month.

गर्भिण्या नवमे मासि यदा भवति वेदना । एरण्डमूलं काकोली पिष्ट्वा शीतोदकेन च ।।
पीत्वा शूलाद्विमुच्येत तदा नारी न संशयः ।।२२।।

22. If there is any trouble related to womb and fetus during the ninth month of pregnancy, the patient should take *kalka* of the roots of plant *eraṇḍa* and *kākolī* along with cold water. This medication would definitely get relief the pregnant women during ninth month of pregnancy.

तथा पलाशबीजञ्च सकाकोलीकुरण्टकम् । भक्तेन वारिणा पिष्ट्वा गर्भशूलं व्यपोहति ।।२३।।

23. Alternatively she can take the *kalka* of seeds of *palāś* tree, *kākolī* and roots of plant *kuraṇṭaka*m (10 gm. each) along with *kānji*.

अथवा दशमे मासि वेदना जायते यदा । तदा नीलोत्पलं यष्टीमधुकं मुद्संयुतम् ।।२४।।
ससितं चाम्भसा पिष्ट्वा क्षीरेणालोड्य पाययेत् । दोषञ्च नाशयेदेष शूलं गर्भसमुद्भवम् ।।२५।।

24-25. If there is any trouble related to womb and fetus during the tenth month of pregnancy, the patient should take *kalka* of *nīlakamal*, *yaṣṭimadhu* and mudaga beans (kidney beans) (10 gm. each) along with water. This *kalka* should be dissolved into milk (250 ml.) before taking. This medication helps the pregnant ladies to get relief from troubles during the tenth month of pregnancy.

तथा चैकादशे मासि गर्भे भवति वेदना । मधुकं पद्मकञ्चैव मृणालं नीलमुत्पलम् ।।२६।।
शीततोयेन पिष्ट्वा तु क्षीरेणालोड्य पाययेत् । तेनैव वेदनाऽतीव नाशमायाति सत्वरम् ।।२७।।

26-27. If there is any trouble related to womb and fetus during the eleventh month of pregnancy, the patient should take *kalka* of *madhuka*, padamaka, mrinal and *nīlkamal* (10 gm. each) along with water this *kalka* should be dissolved into milk (250 ml.) before taking.

क्षीरिकामुत्पल कुठं समङ्गामूलकं सिता । पिबेदेकादशे मासि गर्भिणीशूलशान्तये ।।२८।।

28. Alternatively one can take the *kalka* of *kṣīrikā*, *utpala*, *kuṣṭha*, roots of plant *samangā* (8 gm. each) treated with jaggery.

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सिता विदारी काकोली तथा क्षीरविदारिका । गर्भिणी द्वादशे मासि पिवेच्छूलघ्नमौषधम् ।।२९।।

29. If there is any trouble related to womb and fetus during the twelfth month of pregnancy, the patient should take *kalka* of *vidārīkanda*, *kākolī* and *kṣīrvidārīkanda* (10 gm. each) treated with jaggery.

मासानुमासिका रक्तस्रावहराः प्रयोगाः–

मधुकं शाकबीजञ्च पयस्या सुरदारु च । अश्मन्तकं कृष्णतिलास्ताम्रवल्ली शतावरी ।।३०।।
वृक्षादनी पयस्या च तथैवोत्पलशारिवा । अनन्ता शारिवा रास्ना पद्मा मधुकमेव च ।।३१।।
बृहतीद्वयकाश्मर्यक्षीरिशुङ्गास्त्वचो घृतम् । पृथक्पर्णी बला शिग्रु श्वदंष्ट्रा मधुयष्टिका ।।३२।।
शृङ्गाटकं बिसं द्राक्षा कशेरु मधुकं सिता । मासेषु सप्त योगः स्युरर्द्धश्लोकसमापनाः ।।३३।।
यथाक्रमं प्रयोक्तव्या रक्तस्रावे पयोयुताः ।।३४।।

30-34. The following herbs are useful for pregnant women: (i) during first month of pregnancy, *madhuka*, seeds of teak tree, *kṣīrkākolī* and *devadāru*. (ii) during second month of pregnancy, *pāṣāṇabhed*, black variety of sesame seeds, *manjiṣṭhā* and *śatāvarī*. (iii) during third month of pregnancy, *vandak*, *kṣīrkākolī*, *nīlakamal* and *anantāmūla*. (iv) during fourth month of pregnancy, herbs including *durālabhā*, *anantāmūla*, *rāsanā*, *bhārgī* and *madhuka*. (v) during fifth month of pregnancy, both varieties of *kaṅṭakārī*, *gambhārī phal*, stems of the *kṣīrī* tree, *madhuka* and *sita*. (vi) during sixth month of pregnancy, *priṣṭaparaṇī*, roots of plant *balā*, barks of plant *śobhāñjana* (drum sticks), *gokṣura* and *madhuyaṣṭī*. (vii) during seventh month of pregnancy, herbs like *śṛīngāṭaka*, *madhuyaṣṭī*, raisin fruit, *kaśeru* and jaggery.

कपित्थबिल्वबृहतीपटोलसुनिदिग्धिकाः । मूलानि क्षीरपिष्टानि दापयेद् भिषगष्टमे ।।३५।।

35. If there is bleeding during the eighth month of pregnancy, the patient take roots of *kapitha*, *bilva* and bigger variety of *kaṅṭakārī* trees. Optionally, she can also take the *kalka* of leaves of plant *paṭola*, roots of sugarcane and a smaller variety of *kaṅṭakārī* plant, along with milk treated with jaggery.

नवमे मधुकानन्तापयस्याशारिवाः पिबेद् ।।३६।।

36. During the ninth month of pregnancy, the pregnant woman should take *kalka* of *madhuka*, *anantā*, *pāyasya* and *kṣīrkākolī* along with water. Some commentators have suggested using decoction of the above herbs.

पयस्तु दशमे शुण्ठ्याःश्रृतशीतं प्रशस्यते ।।३७।।

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37. During the tength month of pregnancy it is very helpful to drink milk cooked along with dried ginger properly. Milk should be taken when it is cool. It also reduces the pain of womb.

सक्षीरा वा हिता शुण्ठी मधुकं देवदारु च । एवमापूर्यते गर्भस्तीव्रा रुक् च प्रशाम्यति ।।३८।।

38. If milk boiled with dried ginger, *madhuka* and *devadāru* is served to the pregnant woman, it helps to consolidate the fetus and removes pain of womb.

कुशकाशोरुवूकाणां मूलैर्गोक्षुरकस्य च । शृतं दुग्धं सितायुक्तं गर्भिण्याः शूलनुत्परम् ।।३९।।

39. Taking the milk boiled with the herbs *kuśa*, kasha and root of the *eraṇḍa* and gokshru, helps the pregnant women to get relief from pain of womb.

कशेर्वादिपयः–

कशेरूश्रृङ्गाटकजीवनीयपद्मोत्पलैरण्डशतावरीभिः ।
सिद्धं पयः शर्करया विमिश्रं संस्थापयेद्गर्भमुदीर्णवेगम् ।।४०।।

40. Kaśervādi paya:

Taking the boiled milk *kaśeru*, *śṛīngāṭaka*, herbs of the jeevniya group, *kamal*, *nīlakamal*, roots of *eraṇḍa*, *śatāvarī* as well as jaggery helps the pregnant woman to consolidate her womb and fetus.

कशेरुश्रृङ्गाटकपद्मकोत्पलं समुद्गपर्णीमधुकं सशर्करम् ।
सशूलगर्भस्रुतिपीडिताऽङ्गना पयोविमिश्रं पयसाऽन्नभुक पिबेत् ।।४१।।

41. Take the herbs *kaśeru*, *śṛīngāṭaka*, *kamalkeśara*, *nīlakamal*, mudgha*parṇī*, *madhuka*, their combination weighing 6 gm. Compound them and prepare a *kalka* out of them along with milk. Take this preparation along with raw sugar to get relief from womb related pain and symptoms of miscarriage. If the patient feels hungry she should take boiled rice along with milk.

मधुना छागदुग्धेन कुलालकरकर्दमः । अवश्यं स्थापयेद् गर्भं चलितं पानयोगतः ।।४२।।

42. Obtain mud weighing 3 gm. from the heap of soil arranged by a potter for preparing pots. Also take 6 gm. measure of honey and add both the honey and mud to the milk measuring 96 gm.. Dissolve all of them and serve it to the pregnant women to check symptoms of miscarriage.

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गर्भशोषचिकित्सा–

गर्भे शुष्के तु बातेन बालानाञ्चापि शुष्यताम । सितामधुककाश्मर्यैर्हितमुत्थापने पयः ।।४३।।

43. If the fetus gets drier due to disorder in the wind *doṣa*, one should take milk treated with *madhuka* and *gambhārī* fruits. The pregnant women should take it daily. This medicine also helps the children who are weak. The medicine makes them a strong and energetic.

सिंहास्यादिर्गुडूच्यादिः पञ्चमूलीरसोऽपि वा । मधुना शमयन्त्येते गर्भिण्या ज्वरमाशु च ।।
पञ्चमूलीशृतं क्षीरं गर्भिण्या ज्वरशान्तये ।।४४।।

44. The fever of a pregnant woman is checked by such medicines as *Sihansyādi Kvātha*, *Guḍūcyādi Kvātha* and *Laghu Pañcamūl Kvātha*, suggested by physician Cakradatt in the chapter of fever above.

एरण्डमूलममृता मञ्जिष्ठा रक्तचन्दनम् । दारुपद्मयुतः क्वाथो गर्भिण्या ज्वरनाशकः ।।४५।।

45. The decoction made out of the roots of *eraṇḍa*, *guḍūcī*, *manjiṣṭha*, red sandalwood, *devadāru* and *padam* (lotus and *padamkāṣṭh*) would cure the pregnant ladies suffering from fever.

चन्दनादिक्वाथः–

चन्दनं शारिवा लोध्रं मृद्वीका शर्करान्वितम् । क्वाथं कृत्वा प्रदातव्यं गर्भिण्या ज्वरनाशनम् ।।४६।।

46. Candanādi Kvātha:

Ingredients: Red sandalwood, *anantamūla*, *lodhra*, currant and jaggery.

Process of Drug-Making: This is a decoction-based formula involving all the ingredients in equal parts. Raise 25 gm. of their coarsely powdered mix. Decoct it along with water measuring 400 ml. till it is reduced to one fourth.

Therapeutic benefits: The fever of a pregnant woman is checked by this decoction.

मधूकचन्दनोशीरशारिवापद्मपत्रकैः । शर्करामधुसंयुक्तैः कषायो गर्भिणीज्वरे ।।४७।।

47. The fever of a pregnant woman is checked by decoction of *madhuka*, red sandalwood, *uśīra*, *śarivā* and leaves of lotus in equal parts mixed with jaggery and honey.

आम्रजम्बूत्वचः क्वाथं लेहयेल्लाजशक्तुभिः । अनेन लीढमात्रेण गर्भिणी ग्रहणीं जयेत् ।।४८।।

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48. If a pregnant lady is treated with the decoction of barks of mango and *jambū* trees mixed with fine powder of poppy of paddy, this medication could cure her from sprue.

ह्रीवेरादिकषायः–

ह्रीबेरारलुरक्तचन्दनबलाधन्याक्रवत्सादनीमुस्तोशीरयवासपर्पटविषाक्वाथं पिबेद् गर्भिणी ।
नानावर्णरुजातिसारकरगदेरक्तस्रुतौवाज्वरे । योगोऽयंमुनिभिःपुरानिगदितः सूत्यामये शस्यते ।।४९।।

49. Hṛiverādi Kāṣāya:

Ingredients: *Sugandhabālā*, bark of *eraṇḍai*, red sandalwood, root of *balā*, coriander, *guḍūcī*, *mustaka*, *uśīra*, *yavāsā*, *parpaṭī* and *ativiṣā*.

Process of Drug-Making: This is a decoction-based formula involving all the ingredients in equal parts. Raise 25 gm. of their coarsely powdered mix. Decoct it along with water measuring 400 ml. till it is reduced to one fourth.

Therapeutic benefits: The decoction would cure the pregnant lady from various indispositions like improper digestion, blood pressure and fever. In early days, sages treated this treatment as the best in treating problems related to pregnancy and delivery.

लवङ्गादिचूर्णम्–

लवङ्गं टङ्गणं मुस्तं धातकी बिल्वधान्यकम् । जातीफलं सर्जकञ्च शताह्वा दाडिमं तथा ।।५०।।
जीरकं सैन्धवं मोचं नीलोत्पलरसाञ्जनम् । अभ्रकं वङ्गकञ्चैव समङ्गा रक्तचन्दनम् ।।५१।।
चव्यं चातिविषा शृङ्गी खदिरं बालकं समम् । भृङ्गराजरसैः प्लाव्यं भावयित्वा दिनत्रयम् ।।५२।।
छागीदुग्धेन मतिमान् गर्भिणीमनुपानतः । एतच्चूर्णं प्रदातव्यं संग्रहग्रहणीहरम् ।।५३।।
नानावर्णमतीसारं ज्वरं चैव नियच्छति । आमरक्तातिसारघ्नं शूलशोथनिषूदनम् ।।५४।।

50-54. Lavangādi Cūrṇam:

Ingredients: Clove, purified borax, *mustaka*, *dhātakī*, pulp of unripe *bilva* fruit, coriander seeds, *jātīphala*, *sarjaka*, aniseeds, pomegranate seeds, white cumin seeds, rock salt, *mocarasa*, *nīlakamal*, *rasāñjana*, *abhraka bhasma*, *banga bhasma*, *samangā*, red sandalwood, *cavya*, *ativiṣā*, *śṛingī*, *khadira*, *netrabālā* and juice of *bhṛingarāja*.

Process of Drug-Making: The following herbs: clove, purified borax, *mustaka*, *dhātakī*, pulp of unripe *bilva* fruit, coriander seeds, *jātīphala*, *sarjaka*, aniseeds, pomegranate seeds, white cumin seeds, rock salt, *mocarasa*, *nīlakamal*, *rasāñjana*, *abhraka bhasma*, *banga bhasma*, *samangā*, red sandalwood, *cavya*, *ativiṣā*, *śṛingī*, *khadira* and *netrabālā* (taken in equal parts). Take the coarsely

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powdered form of *netrabālā* and mix it with the *abhraka bhasma* and *banga bhasma*. Then take all the medicines and process them through a mortar along with juice of *bhṛingarāja* for three consecutive days.

Method of use/Administration: Take this preparation in doses of 1-3 gm. along with milk of goat.

Therapeutic benefits: It gives relief from such diseases as sprue, dysentery, blood dysentery, edema and the like effective pregnant women.

रोमराजी भवेद्यस्या वामपार्श्वे समुच्छ्रिता । कन्यां तस्यां विजानीयाद् दक्षिणेन तथा सुतम् ।।५५।।

55. If the womb is reflecting overt curve in the left side, it would mean she would bear a female child. If the curve is reflecting in the right side she may bear a male issue.

धन्वन्तरिमतेनैव साध्वाज्ञातश्च शास्त्रवित् । सम्प्राप्ते चाष्टमे मासे मैथुनं परिवर्जयेत ।।५६।।
यदि गच्छति दुर्मेधा काममोहादचेतनः । विपद्यते तदा गर्भो गर्भिणी च विनश्यति ।।
अन्धमूकादिबधिरो जायते कुब्ज एव वा ।।५७।।

56-57. God Dhanvantri has suggested that the knowledgeable and persons of good behaviour should discontinue intercourse with their wife in eighth month of pregnancy. If the wicked person fired by the sexual desire indulge into intercourse it may cause loss of fetus as well as the life of the pregnant women herself. If by chance such situation does not occur the child in womb would definitely have some congenital defects. He may be blind, deaf, dumb or may be hunchbacked.

सुखप्रसवकरा योगाः–

पाठालाङ्गलिसिंहास्यमयूरकजटैः पृथक् । नाभिबस्तिभगालेपात् सुखं नारी प्रसूयते ।।५८।।

58. Take root of any of the followings: paatha, *lāngalī*, *aḍuṣā* and *apāmārga*. Rub the root over a stone along with water. Ointment the *kalka* thus obtained over the naval and lower part of the body. It also helps pregnant ladies to deliver without pain.

मातुलुङ्गस्य मूलानि मधुकं मधुसंयुतम् । घृतेन सह पात्व्यं सुखं नारी प्रसूयते ।।५९।।

59. Obtain 2-4 gm. powder of *mātulunga* lemon's root and *madhuyaṣṭī*, 3 gm. of honey and 8 gm. of *ghṛitam*. Mix all these materials together and serve it to pregnant ladies to deliver without pain.

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पोतकीमूलकल्केन तिलतैलयुतेन वा । योनेरभ्यन्तरं लिप्त्वा सुखं नारी प्रसूयते ।।६०।।

60. Prepare *kalka* of poi shak's root and add sesame oil to it. Apply this *kalka* inside the *yoni* of a pregnant lady to pleasantly deliver.

इहामृतञ्च सोमश्च चित्रभानुश्च भामिनी । उच्चैःश्रवाश्च तुरगो मन्दिरे निवसन्तु ते ।।६१।।
इहममृतमपांसमुद्धृतं वै भव लघु गर्भमिमंविमुञ्चतुस्त्री ।
तदनलपवनार्कवासवास्तेसहलवणांबुधरैर्दिशंतु शांतिम्।।६२।।
मुक्ताः पाशा विपाशाश्च मुक्ताः सूर्येन्दुरश्मयः ।
मुक्तः सर्वभयाद् गर्भ एह्येहि मा चिरं स्वाहा ।।६३।।

61-63. Chanting the 'ihamritancha' and related hymns near a pregnant lady would help in pleasant delivery.

जलं च्यावनमन्त्रेण सप्तवाराभिमन्त्रितम् । पीत्वा प्रसूयते नारी दृष्ट्वा चोभयत्रिंशकम् ।।
तथोभयपञ्चदशदर्शनं सुखसूतिकृत् ।।६४।।

64. Some quantity of water should be charged with the following *mantra* 'om kship nikship unmath pramath munch munch svaha". This charging should be done for seven consecutive times. This water should be drunk by the delivering mother. It help her deliver with comfort. This spell can be written on a fresh earthen bowl (or plate). The lady should take milk in this pot. It also helps her to deliver comfortably.

वसुगुणाब्ध्येकबाणनवषटसप्तयुगैः क्रमात् । सर्वं पञ्चदश द्विस्तु त्रिंशकं नवकोष्ठके ।।६५।।
नाड्यृतुवसुभिः सह पक्षदिगष्टादशाभिरेव च । अर्कभुवनाब्धिसहितैरुभयत्रिशकमाश्चर्यम् ।।६६।।

65-66. Apart from the above there is a method to develop a *mantra* charged chit of paper to be shown to the lady going to deliver. It helps her to deliver comfortably. There are two *mantra*s for this purpose namely *ubhayapañcadasath yañtram* and *ubhayatrinsak yañtra*m. (As a matter of fact both of these *mantra*s involve square shaped drawing containing nine boxes of equal size in it. In the *ubhayapañcadasat yañtram* one has to write the numerals 8, 3 and 4 in the top three boxes followed by the numerals 1, 5, 9 in the three boxes below them. The lower boxes should contain the numerals 6, 7 and 2. In the *ubhayatrinsak yañtram*, similarly, one has to write the numerals 16, 6 and 8 in the top three boxes followed by the numerals 2, 10 and 18 in the three boxes below them. The lower boxes should contain the numerals 12, 14 and 4.

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गङ्गाया उत्तरे तीरे जम्भला नाम राक्षसी । तस्याः स्मरणमात्रेण सद्यो नारी प्रसूयते ।।६७।।

67. It is believed that, on the northern bank of river Ganges, there lives one monster called 'Jambhala'. Simply recalling Jambhala's name would panic pregnant ladies to deliver immediately.

गृहाम्बुना गेहधूमपानं गर्भापकर्षणम् । गृहाम्बुना हिङ्गुसिन्धुपानं गर्भापकर्षणम् ।।६८।।

68. Take ash formed by the smoke of kitchen and rock salt, pulverize both these materials with *kānji*. This liquid is to be served to pregnant ladies which would cause them to deliver immediately.

पुटदग्धसर्पकञ्चुकमसृणमसीकुसुमसारसहिताक्षी ।
झटितिविशल्याजायेतगर्भिणी मूढगर्भाऽपि ।।६९।।

69. Get slough of a snake in a *śarāva* (bowl) and cover it with another *śarāva*. Seal them with a piece of cloth treated with mud. Dry the mud and put *śarāva* in *puṭa*. Take out the burned *bhasma*. Do *añjana* (gentle massage of eyes) with this drug, adding honey. This would provide relief to a pregnant lady suffering from pain related to pregnancy (*garbhaśūla*).

स्नुहीक्षीरं तथा स्तोकं गर्भिण्याः शिरसि क्षिपेत् । मृतगर्भं तदा सूते गर्भिणी रमणी द्रुतम् ।।७०।।

70. Obtain a little quantity *snuhī*'s latex and sprinkle over the forehead of a pregnant lady. This would help in immediate discharge of a dead foetus.

करिदमनदहनमूलपिष्टं सलिलेन पानतः सद्यः । चिरमचिरजं गर्भं मृतममृतं वा निपातयति ।।७१।।

71. Take equal quantities (i.e. 10 gm. each) of roots of *nāgadaman* and *citraka*. Compound them with water and serve it for drinking to pregnant ladies. This drug is effective in making immediate delivery of chronic and non-chronic foetus either dead or live.

प्रसवकालातिक्रमे चिकित्सा–

वातेन गर्भसंकोचात्प्रसूतिसमयेऽपि वा । गर्भं न जनयेन्नारी तस्याः शृणु चिकित्सितम् ।।७२।।
कुट्टयेन्मुशलेनैषा कृत्वा धान्यमुदूखले । विषमं चाशनं पानं सेवेत प्रसवार्थिनी ।।७३।।

72-73. In certain cases, the pregnancy gets contaminated due to *vāta* and delivery does not happen even after the stipulated delivery time. In such cases, the pregnant lady should pound paddy placed in an *okhalī* (thrashing tub) with a *muṣāli* (thrashing rod). Also, she should have a sitting keeping a speacial *āsan*

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(posture), should sleep in special posture, should have special riding and should take special food.

प्रसवस्य विलम्बे तु धूपयेदभितो भगम् । कृष्णसर्पस्य निर्मोकैस्तथा पिण्डीतकेन वा ।।७४।।

74. In case there is any delay in delivery, execute a *dhūpan* (smoke treatment) to the vagina of the pregnant lady with smokes of snake slough and fruits of *pinḍītaka*.

ह्रीबेरातिविषामुस्तामोचशुक्रैः शृतं जलम् । दद्याद्गर्भे प्रचलिते प्रदरे कुक्षिरुज्यपि ।।७५।।

75. Take equal parts of *sugandhabālā*, *ativiṣa*, *mustā*, *mocarasa* and *indrayava*. Methdologically prepare decoction of these ingredients and drink. Drinking this decoction would prove to be beneficial in cases of prachalit pregnancy, *pradara* and kukshi*śūla*.

उपकुञ्चिकां पिप्पलीञ्च मदिरा लाभतः पिबेत् । सौवर्चलेन संयुक्तां योनिशूलनिवारिणीम् ।।७६।।

76. Take powders of black cumin seeds and *pippalī* in measurement of 2 gm. each. Also take 1 gm. measure of *suvarcala* salt. Combine all these materials and consume the mix with liquor (*madya*). Drinking of such fluid would alleviate the *yoniśūla* of pregnant ladies.

कटुतुम्ब्यहिनिर्मोककृतवेधनसर्षपैः । कटुतैलान्वितैर्धूपो योनौ पातयतेऽपराम् ।।७७।।

77. Obtain powders of bitter *tumbī*, slough of snake, *kṛitavedhan*, and *jyotiṣmatī* and white mustard. Mix these materials in mustard oil and execute smoke treatment of the *yoni*. This measure would make the placenta (*aparā*) to exit immediately.

कचवेष्टितयाऽङ्गुल्या घृष्टे कंण्ठे पतत्यपरा । मूलेन लाङ्गलिक्याः संलिप्ते हस्तपादे च ।।७८।।

78. Wrap a finger with hairs and create some friction with this finger in the throat of a lady. Also, apply *kalka* prepared out of root of *lāngalī* with water on the palms and sole of a lady. Both the above-mentioned measures would help in immediate discharge of the placenta (*aparā*).

अपरापातनं मद्यैः पिप्पल्यादिरजः पिबेत् । शालिमूलाक्षमात्रं वा मद्येनाम्लेन वा प्लुतम् ।।७९।।

79. Take powders of *pippalyādi* group of herbs (prescribed by Suśruta) and *madya* (or *ariṣṭa*). Mix the powders in the *madya* and drink. Also, drink *madya* or

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kānji by adding 12 gm. (modern dose 4 gm.) of powdered root of *śāli* paddy. Both these measures would also help in immediate release of a dead foetus (*aprā*).

गर्भविलासो रसो गर्भचिन्तामणिरसश्च–

रसगन्धकतुत्थञ्च त्र्यहं जम्बीरमर्दितम् । त्रिर्भावितं त्रिकटुना देयं गुञ्जाचतुष्टयम् ।।८०।।
गर्भिण्याः शूलविष्टम्भज्वराजीर्णेषु केवलम् । तुत्थस्थाने यदि स्वर्णं चिन्तामणि रसःस्मृतः ।।८१।।

80-81. Obtrain equal parts of purified *pārada*, purified *gandhaka* and purified blue *tutha*. First of all prepare *kajjalī* out of *pārada* and *gandhaka* and mix *tutthaka* into it. Impregnate the mix separately and three times each with juice of *jambīra* lemon and decoction of *tṛikaṭu* for three days each. Following this, triturate the mix and dry it. This drug is to be served to pregnant ladies in doses of 125 mg. along with honey for licking. Intake of this drug would help in checking *garbhaśūla*, *vibandha*, fever and *ajīrna*. If, in place of *tutha*, same quantity of *svarṇa bhasma* is added, then the medicine is known as *Cintāmaṇi* (*Garbhacintāmaṇi*) *Rasa*.

गर्भविनोदरसः–

जातीक्रोषं लवङ्गं च प्रत्येकं च त्रिकार्षिकम् । देयं त्रिभागं त्रिकटु चतुर्भागश्च हिङ्गुलम् ।।८२।।
सुवर्णमाक्षिकञ्चैव पालर्द्धं प्रक्षिपेद् बुधः । जलेन मर्दयित्वाऽथ चणमात्रा कृता वटी ।।
निहन्ति गर्भिणीरोगं भास्करस्तिमिरं यथा ।।८३।।

82-83. Garbhavinoda Rasa:

Ingredients: *Jātīkoṣa*, clove, *tṛikaṭu*, purified *hiñgula*, *svarṇa*maksika *bhasma*amd water.

Process of Drug-Making: Take the following: 35 gm. each of *jātīkoṣa* and clove, 105 gm. of *tṛikaṭu*, 46 gm. of purified *hiñgula* and 23 gm. measure of *svarṇamākṣika bhasma*. Take their fine powder and triturate it along with water. Prepare pills in measurement of 250 mg. each.

Method of use/Administration: One pill of this medicine along with water is to be taken thrice daily.

Therapeutic benefits: This *Garbhavinoda Rasa* is capable of curing all types of pregenancy disorders.

गर्भचिन्तामणिरसः (प्रथमः)–

जातिफलं टङ्गणं च व्योषं दैत्येन्द्ररक्तकम् । तच्चूर्णं समभागेन मर्दितं प्रहरद्वयम् ।।८४।।
जम्बीररसयोगेन वटीं कुर्याद्विचक्षणः । गुञ्जाद्वयप्रमाणां तु खलु वैद्यः प्रयत्नतः ।।८५।।

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आर्द्रकस्य रसेनैव भक्षयेदुष्णवारिणा । निहन्ति सर्वरोगं च भास्करस्तिमिरं यथा ।।८६।।

84-86. GarbhaCintāmaṇi Rasa (First Recipe):

Ingredients: *Jātīphala*, borax, *tṛikaṭu*, purified *hiñgula* and juice of *jambīra* lemon.

Process of Drug-Making: Get equal parts of *jātīphala*, borax, *tṛikaṭu* and purified *hiñgula*. Triturate all these materials with juice of *jambīra* lemon for six hours. Prepare pills in measurement of 250 mg. each.

Method of use/Administration: This medicine is to be taken in doses of one pill with juice of ginger or warm water.

Therapeutic benefits: This would help in alleviating all pregnancy disorders.

गर्भचिन्तामणिरसः (द्वितीया)–

रसं तारं तथा लौहं प्रत्येकं कर्षमात्रकम् । कर्षद्वयं तथा चाभ्रं कर्पूरं वङ्गताम्रकम् ।।८७।।
जातीफलं तथा कोषं गोक्षुरञ्च शतावरी । बलाऽतिबलयोर्मूलं प्रत्येकं तोलकं शुभम् ।।८८।।
वारिणा वटिका कार्या द्विगुञ्जाफलमानतः । संन्निपातं निहन्त्याशु स्त्रीणाञ्चैव विशेषतः ।।८९।।
गर्भिण्या ज्वरदाहञ्च प्रदरं सूतिकामयम् ।।९०।।

87-90. GarbhaCintāmaṇi Rasa (Second Recipe):

Ingredients: Purified *pārada*, *rajata bhasma*, *lauha bhasma*, *abhraka bhasma*, *karpūra*, *vanga bhasma*, *tāmra bhasma*, *jātīphala*, *jātīkoṣa*, *gokṣura*, *śatāvarī*, roots of *balā*, *atibalā* and water.

Process of Drug-Making: Take the following materials: 12 gm. each of purified *pārada*, *rajata bhasma* and *lauha bhasma*, 23 gm. measure of *abhraka bhasma* and powders measuring 12 gm. each of *karpūra*, *vanga bhasma*, *tāmra bhasma*, *jātīphala*, *jātīkoṣa*, *gokṣura*, *śatāvarī*, roots of *balā* and *atibalā*. First of all prepare *kajjalī* out of *pārada* and *gandhaka* and mix rest of the materials into it. Add to it some water and triturate the mix. Prepare pills measuring 250 mg. each.

Therapeutic benefits: This *GarbhaCintāmaṇi Rasa* is very effective in providing relief from *sannipāta*, *garbhinijvara* burning sensation, *pradara* and delivery problems.

गर्भचिन्तामणिरसो बृहद–

सूतं गन्धं तथा स्वर्णं लौहं रजतमाक्षिकम् । हरितालं वङ्गभस्माप्यभ्रकं समभागिकम् ।।९१।।
मावना खलु दातव्या रसैरेषां पृथक् पृथक् । ब्राह्मीवासाभृङ्गराजपर्पटं दशमूलकम् ।।९२।।
सप्तधा भावयेद्वैद्यो गुञ्जामानां वटीं चरेत् । गर्भचिन्तामणिरसः पूर्ववद् गुणकारकः ।।९३।।

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91-93. GarbhaCintāmaṇi Raso (Major Recipe):

Ingredients: Purified *pārada*, purified *gandhaka*, *svarṇa bhasma*, *lauha bhasma*, *rajata bhasma*, *svarṇamākṣika bhasma*, purified *haratāla*, *vanga bhasma*, *abhraka bhasma*, juices of decoctions of *brāhmī*, *aḍuṣā*, *bhṛingarāja*, *parpaṭa* and *daśamūla*.

Process of Drug-Making: Obtain purified *pārada*, purified *gandhaka*, *svarṇa bhasma*, *lauha bhasma*, *rajata bhasma*, *svarṇamākṣikā bhasma*, purified *haratāla*, *vanga bhasma* and *abhraka bhasma* (all taken in equal parts). Combine all these materials and impregnate the mix separately and seven times each with either juices of decoctions of *brāhmī*, *aḍuṣā*, *bhṛingarāja*, *parpaṭa* and *daśamūla*. Following this prepare pills measuring 125 mg. each.

Therapeutic benefits: This *Bṛihad GarbhaCintāmaṇi Rasa* is capable of alleviating all pregnancy related problems.

इन्दुशेखररसः–

शिलाजत्वभ्रसिन्दूरप्रवालायोरजांसि च । माक्षिकञ्च तथा तालं समभागानि मर्दयेत् ।।९४।।
भृङ्गराजस्य पार्थस्य निर्गुण्ड्या वासकस्य च । स्थलपद्मस्य पद्मस्य कुटजस्य च वारिणा ।।९५।।
भावयित्वा वटीः कृत्वा कलायपरिमाणतः । यथादोषानुपानेन गर्भिणीषु प्रयोजयेत् ।।९६।।
गर्भिणीनां ज्वरं घोरं श्वासं कासं शिरोरुजम् । रक्तातिसारं ग्रहणी वान्तिं वह्नेश्च मन्दताम् ।।९७।।
आलस्यमपि दौर्बल्यं हन्यादेव न संशयः । कलेरादौ ससर्जेमं भगवानिन्दुशेखरः ।।९८।।

94-98. Induśekhara Rasa:

Ingredients: Purified *śilājatu*, *abhraka bhasma*, *rasa sindūra*, *pravāla bhasma*, *lauha bhasma*, *svarṇamākṣika bhasma*, purified *haratāla*, juices or decoctions of barks of *bhṛingarāja*, *arjuna*, *nirgundī*, *aḍuṣā*, *sthalakamala*, *jalakamala* and *kuṭaja*.

Process of Drug-Making: Take purified *śilājatu*, *abhraka bhasma*, *rasa sindūra*, *pravāl bhasma*, *lauha bhasma*, *svarṇa mākṣika bhasma* and purified *haratāla* (all taken in equal parts). Combine these materials and impregnate the mix separately with juices or decoctions of barks of *bhṛingarāja*, *arjun*, *nirgundī*, *aḍuṣā*, sthal*kamal*, jal*kamal* and *kuṭaja*. Triturate the impregnated mix. Following this, prepare pills measuring 125 mg. each.

Method of use/Administration: This *Induśekhar Rasa* is to be taken according to concentrations of *doṣas*.

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Therapeutic benefits: This medicine provides relief from severe fever of pregnant ladies, *śvas*, kas, problems of head, *raktatisāra*, *sangrahaṇī*, *vaman*, *agnimāndya*, alasya and daurbalya. During the beginning of Kalayuga, God Shankar has prepared this drug.

गर्भविलासतैलम्–

विदारी दाडिमं पत्रं रजनी च फलत्रयम् । शृङ्गाटकस्य पत्रञ्च जातीकुसुममेव च ।।९९।।
वरी नीलोत्पलं पद्मं तैलमेतैः पचेत् सुधीः । एतद् गर्भविलासाख्यं गर्भसंस्थापनं परम् ।।१००।।
निहन्ति गर्भशूलञ्च शोणितस्रुतिसंहरम् । परं वृष्यतरं ह्योतत्काशिरोजेन निर्मितम् ।।१०१।।

99-101.Garbhavilasa Tailam:

Ingredients: *Mūrcchita* sesame oil, *vidārīkand*, seeds of promoganate, cassia leaves, leaves of promoganate, *haridrā*, *haraḍa*, *vibhītaka*, *āmalakī*, leaves of *śṛīngāṭa*, jasmine flowers, *śatāvar*, *nīlakamal*, *raktakamal* and water.

Process of Drug-Making: Get 750 ml. measure of *mūrcchita* sesame oil. Take the following materials and prepare *kalka* out of them: *vidārīkand*, seeds of promoganate, cassia leaves, leaves of promoganate, *haridrā*, *haraḍa*, *vibhītaka*, *āmalakī*, leaves of *śṛīngāṭa*, jasmine flowers, *śatāvarī*, *nīlakamal* and *raktakamal* (16 gm. each). Take this *kalka* along with above mentioned sesame oil and 3 litre measure of water. Methodologically cook this preparation and obtain medicine oil.

Method of use/Administration: Use this oil for massage.

Therapeutic benefits: Doing massage with this oil would help in yielding a pregnancy (i.e. those pregnancies, which frequently gets ruined), and checks *garbhaśūla* and bleeding from womb. This medicine is very much *vṛiṣya*. This medicine has been prepared by Kashiraj.

गर्भिण्याः पथ्यानि–

शालयः षष्टिका मुद्गा गोधूमा लाजशक्तवः । नवनीतं घृतं क्षीरं रसाला मधु शर्करा ।।१०२।।
पनसं कदलं धात्री द्राक्षाऽऽम्रं स्वादुशीतलम् । कस्तूरी चन्दनं माला कर्पूरमनुलेपनम् ।।१०३।।
चन्द्रिका स्नानमभ्यङ्गो मृदुशय्या हिमानिलः । सन्तर्पणं प्रिया वाचो विहाराश्च मनोरमाः ।
प्रियङ्करं चान्नपानं गर्भिणीभ्यो हितं भवेत् ।।१०४।।

102-104. Following measures and products are considered to be very much helpful for pregnant women: *śāli* and *ṣaṣṭhi* varieties of paddy, *pravāla*, wheat, *saktu* of paddy's poppy, butter, *ghṛitam*, milk, *rasāla* (*sikharan*), honey, sugar, *panas*, banana, *āmalakī*, grapes, ripe mango fruits, sweet and cold liquids, *kastūrī*, white sandalwood, fragrant garland, *anulepan* of camphor (*karpūra*), spending

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time in moony nights, bathing, oil massaging, comfortable cushions, cold breeze, *santarpan* therapies, listening good quotes, pleasant traveling, desirable and tasty foods.

गर्भिण्या अपथ्यानि–

स्वेदनं वमनं क्षारं कलहं विषमाशनम् । असात्म्यं नक्तसंचारं चौर्यं चाप्रियदर्शनम् ।।१०५।।
अतिव्यवायमायासं भारं प्रावरणं गुरु । अकालजागरस्वप्नं कठिनोत्कटकासनम् ।।१०६।।
शोकक्रोधभयोद्वेगवेगश्रद्धाविधारणम् । उपवासाध्वतीक्ष्णोष्णं गुरु विष्टम्भि भोजनम् ।।१०७।।
नक्तं निरशनं श्वभ्रकूपेक्षां मद्यमामिषम् । उत्तानशयनं यच्च स्त्रियो नेच्छन्ति तत्त्यजेत् ।।१०८।।
तथारक्तस्रुतिंशुद्धिवस्तिमामासतोऽष्टमात् । एभिर्गर्भः स्त्रवेदामः कुक्षौ शुष्येन्म्रियेत वा ।।१०९।।
भजेन्नित्यं तिक्ताम्लकटूषणकषायकान् । वातलैश्च भवेद् गर्भः कुब्जान्ध्यजडवामनः ।।११०।।
पित्तलैःखालतीपिङ्गःश्वित्रीपाण्डुःकफात्मभिः । अपथ्यमिदमुद्दिष्टं गर्भिणीनां महर्षिभिः ।।१११।।

105-111. *Svedana*, *vaman*, *kṣāra* products, engaging in quarrels, incompatible foods, incompatible meals, night walking, stealing, watching bad things, excessive intercourse, labour, carrying heavy weights, wearing heavy clothes, sleeping and remaining awake during inauspicious hours (like during the eclipses, etc.), sitting in difficult postures, sorrow, anger, fear, agitation, obstructing the flow of urine, stool and *śrāddha*, *langhaṇa* (fasting), walking on footpaths, very hot, heavy to digest meals, constipative meals, eating during nights, looking into deep holes and wells, liquor, meat, lying in recumbent posture and all those subjects which are not liked by a pregnant lady are to be avoided by pregnant women. Also, with the start of eighth month one should stop blood letting, *vamana*, body *śodhana* and *basti* therapies. Utilization of any of these measures and products would result in delivery problems. It could even lead to warmth or death of a foetus. Pregnant women should not continuously eat spicy, oily, sour or bitter edibles. Consumption of *vāta* promoting edibles might cause deformities (like hunchback, blind, deaf and dwarfism) to the child. Similarly, intake of *pitta* promoting edibles would affect the child with deformities like baldness, yellowish complexion and white *kuṣṭha*. *Kapha* promoting edibles would make the child to have yellowish complexion. In this way, sages have instructed prohibitions for pregnant women.

प्रसवकाले पथ्यानि–

गर्भसङ्गेतुकृष्णाहित्वग्भस्ममधनाऽञ्जनम् । कट्यामास्फोटनंपाष्ण्योःस्फिचोर्गाढनिपीडनम्।।११२।।
वेण्याःस्पर्शस्तालुकण्ठेमूर्ध्निस्नुक्क्षीरलेपनम् ।भूर्जलाङ्गलिकीतुम्बीसर्पत्वक्कुष्ठसर्षपाः ।।११३।।
पृथग् द्वाभ्यां समस्तैर्वा योनिधूपनलेपनम् । नारीणां प्रसवे पथ्यमिदमाहुर्मनीषिणः ।।११४।।

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112-114. In certain cases, where there is delay in delivery and the labour pains also get extreme, in such circumstances, one should perform the following measures: doing *añjana* with *bhasma* of black snake's slogh and honey, gently stroking waist and ankles, strongly pressing the pelvic region, touching tongue and throat with hairs (*veni*), ointment latex of *senhud* on forehead, giving smoke treatment to the vagina with any one of *bhūrjapatra*, *lāngalī*, *tumbī*, slough of snake and mustard, treating *vagina* with the smoke of these products and applying poultice. All these measures have been considered to be favourable by wise physicians for pregnant women who are in their delivery period.

प्रसवकाले अपथ्यानि–

श्रमं नस्यं रक्तमुक्तिं मैथुनं विषमाशनम् । विरुद्धान्नं वेगरोधमसात्म्यमतिभोजनम् ।।११५।।
दिवानिद्रामभिष्यन्दि विष्टम्भिगुरुभोजनम् । योषितां प्रसवे प्राहुरपथ्यानि महर्षयः ।।११६।।

115-116. Doing work, nasal therapy, blood letting, intercourse, unequal meals, incompatible food, obstructing flow of body excretions, eating incompatible edibles, excessive eating, sleeping during day time, abhishyandi, constipative and *gurupāki* foods are all avoided for pregnant women who are in their delivery period.

इति भैषज्यरत्नावल्यां गर्भिणीरोगचिकित्साप्रकरणम् ।।६८।।
इति भैषज्यरत्नावल्यां 'विद्योतिनी' नामिकायां भाषाटीकायां गर्भिणीरोगचिकित्साप्रकरणम् ।।६८।।

End of the Chapter 68 of Bhaiṣajya Ratnāvalī with Commentary

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अथ सूतिकारोगचिकित्साप्रकरणम् ६९

Chapter 69

Treatment of *Sutikā Roga* (Puerperal Indispositions)

सूतिकारोगशान्यर्थं कुर्याद् वातहरीं क्रियाम् ।।१।।

1. First of all, in order to provide relief in *sutikā roga*, one should proceed the treatment with anti-*vāta* treatments.

मक्कल्लस्य स्वरूपं चिकित्सा च–

सूताया हृच्छिरोबस्तिशूलं मक्कल्लसंज्ञितम् । यवक्षारं पिबेत्तत्र सर्पिषोष्णोदकेन वा ।।२।।

2. After delivery, the severe *śūla* (pain) in heart, head and *basti* of the lady is known as *Makkalla*. In such cases, 1 gm. of *yavakṣāra* is to be given along with 24 gm. of *ghṛitam* and 48 gm. of lukewarm water. This would provide relief to such ladies.

पिप्पल्यादिगणक्वाथं पिबेद्वा लवणान्वितम् ।।३।।

3. One can also drink decoction of *pipalyādi* group of herbs by adding 1 gm. measure of rock salt. The decoction is to be prepared out of 24 gm. measure of *pipalyādi* herbs, and keep decocting the same till its original quantity is reduced to 96 gm.. This decoction would help in providing relief from *makkalla* problem.

रक्तातिस्रावनिरोधको योगः–

पारावतशकृत्पीतं शालितण्डुलवारिणा । गर्भपातानन्तरोत्थरक्तस्रावविधारणम् ।।४।।

4. Take 250-500 mg. of pigeon droppings and mix with 48 gm. measure of *śāli* type of rice (*taṇḍulodaka*). Serve this mix for drinking to ladies who are having problems of bleeding after abortion or delivery. The fluid would help in pausing the bleeding.

किक्किशरोगहरो योगः–

जलपिष्टवरुणपत्रैः सघृतैरुद्वर्त्तनालेपौ । किक्किशरोगं हरतो गोमयघर्षादथो विहितौ ।।५।।

5. Take dried cow dung and rub it over *kikkiś*. Following this, compound leaves of *varuṇa* with water and add little quantity of *ghṛitam* to it. Apply this drug over *kikkiś* effected and *vastyādi* parts in the form of *udhvartan* and poultice.

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सहाचरक्वाथः (प्रथमः)–

सहाचरकृतः क्वाथः पिप्पलीचूर्णसंयुतः । दीपनो ज्वरदोषामसूतिकारोगनाशनः ।।६।।

6. Sahacar Kvātha (First Recipe):

Ingredients: *Pippalī* powder and *sahacar's* (*pītjhinṭī*) root.

Process of Drug-Making: Prepare decoction of *sahacar's* (*pītjhinṭī*) root.

Method of use/Administration: Add 250 mg. measure of *pippalī* powder in the decoction and serve it for drinking to ladies suffering from puerperal indispositions.

Therapeutic benefits: The decoction would help in promoting digestive power and would cure fever, *āma doṣa* and other symptoms of *sutikā roga*.

पीतकुरण्टक्वथितं रजनीपर्युषितं पीतमपहरति । सूतीरोगसहस्रं तन्मूलं चर्वितं तद्वत् ।।७।।

7. Put decoction of *pītjhinṭī* for one whole night. On the next morning, serve it for drinking to women. This would alleviate puerperal problems associated with thousands of other disorders. Similarly, chewing of *pītjhinṭī* 's root would also give relief from *sutikā rogas*.

दशमूलक्वाथः–

दशमूलीकृतः क्वाथः साज्यः सूतिरूजापहः ।।८।।

8. Daśamūla Kvātha:

Ingredients: *Daśamūla* herbs.

Process of Drug-Making: Prepare decoction of *daśamūla* herbs.

Method of use/Administration: Add 10 gm. measure of honey to the decoction of *daśamūla* herbs. The decoction is to be served for drinking in lukewarm condition.

Therapeutic benefits: It cures *sutikā* problems.

अमृतादिक्वाथः–

अमृतानागरसहचरभद्रोत्कटपञ्चमूलजलदजलम् । पीतं मधुसंयुक्तं निवारयति सूतिकातङ्कम् ।।९।।

9. Amṛitādi Kvātha:

Ingredients: *Guḍūcī*, dried ginger, *jhinṭimula*, *mustā*, *utkat* (*Tṛiṇa viśeś*), *laghu pañcamūla* and *mustā*.

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Process of Drug-Making: This is a decoction-based formula involving all the ingredients in equal parts. Raise 50 gm. of their coarsely powdered mix. Decoct it along with water measuring 400 ml. till it is reduced to one fourth.

Method of use/Administration: Add 12 gm. of honey to the decoction and serve it for drinking.

Therapeutic benefits: The decoction is very helpful in alleviating *sutikā* problems.

सहचरादिक्वाथः (प्रथमः)–

सहचरपुष्करवेतसमूलं विकङ्कतदारुकुलत्थसमम् । जलमत्र ससैन्धवहिङ्गुयुतं सद्योज्वरसूतिकशूलहरम् ।।१०।।

10. Sahacarādi Kvātha (First Recipe):

Ingredients: *Sahacara* (*jhinṭimula*), *puṣkaramūla*, *vetasmūla*, root of *vikañkat* (*katai*), *kulattha*, rock salt and purified *hingu* powder.

Process of Drug-Making: This is a decoction-based formula involving all the ingredients in equal parts. Raise 50 gm. of their coarsely powdered mix. Decoct it along with water measuring 400 ml. till it is reduced to one fourth.

Method of use/Administration: Sprinkle 2 gm. measure of rock salt and 250 mg. of purified *hingu* powder. This decoction is to be served for drinking for women.

Therapeutic benefits: It cures women suffering puerperal problems and other ailments like *tajjanya* fever, *śūla* etc.

सहचरादिक्वाथः (द्वितीयः)–

सहचरमुस्तगुडूचीभद्रोत्कटविश्वबालकैः क्वथितम् । पेयमिदं मधुमिश्रंसद्योज्वरशूलनुत्सूत्याः ।।११।।

11. Sahacarādi Kvātha (Second Recipe):

Ingredients: *Pītjhinṭī 's* root, *mustā*, *guḍūcī*, *bhadrotkaṭ*, dried ginger, *netrabālā* and honey.

Process of Drug-Making: Prepare decoction of *pītjhinṭī's* root, *mustā*, *guḍūcī*, *bhadrotkaṭ*, dried ginger and *netrabālā*. Raise 25 gm. of their coarsely powdered mix. Decoct it along with water measuring 400 ml. till it is reduced to one fourth.

Method of use/Administration: Add honey (12 gm.) to it and serve it for drinking to women.

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Therapeutic benefits: Drinking of this decoction would provide relief to the women suffering from delivery related fever and pain in womb.

सूतिकादशमूलम्–

शालपर्णीपृश्निपर्णीबृहतीद्वयगोक्षुरम् । दासी प्रसारणी विश्वं गुडूची मुस्तकं तथा ।।
निहन्ति सूतिकारोगं ज्वरं दाहसमन्वितम् ।।१२।।

12. Sutikādaśamūlam:

Ingredients: *Śālaparṇī*, *priśniparṇī*, lesser *vyāghrī*, bigger *vyāghrī*, *gokṣura*, *niljhinṭi mūla*, *gandhaprasāraṇī*, dried ginger, *guḍūcī* and *mustā*.

Process of Drug-Making: This is a decoction-based formula involving all the ingredients in equal parts.

Therapeutic benefits: Drinking the decoction would alleviate problems related with puerperal including burning sensation of hands, feet and other parts.

देवदार्वादिक्वाथः–

देवदारु वचा कुष्ठं पिप्पली विश्वभेषजम् । भूनिम्बः कट्फलं मुस्तं तिक्ता धान्यं हरीतकी ।।१३।।
गजकृष्णा सुदुःस्पर्शा गोक्षुरो धन्वयासकः । बृहत्यतिविषा छिन्ना कर्कटः कृष्णजीरकः ।।१४।।
समभागान्वितैरेतैः सिन्धुरामठसंयुतम् । क्वाथमष्टावशेषन्तु प्रसूतां पाययेत्स्त्रियम् ।।१५।।
शूलकासज्वरश्वासमूर्च्छाकम्पशिरोऽर्त्तिभिः । युक्तं प्रलापतृड्दाहतन्द्रातीसारवान्तिभिः ।।१६।।
निहन्ति सूतिकारोगं वातपित्तकफोद्भवम् । कषायो देवदार्वादिः सूतायाः परमौषधम् ।।१७।।

13-17.Devadarvādi Kvātha:

Ingredients: *Devadāru*, *vacā*, *kuṣṭha*, *pippalī*, dried ginger, *kirātatikta*, *kaṭphala*, *mustā*, *kaṭukī*, coriander seeds, *haraḍa*, *gajapippalī*, lesser *vyāghrī*, *gokṣura*, *dhanvayāsaka*, *yavāsā*, root of bigger *vyāghrī*, *ativiṣa*, *guḍūcī*, *karkaṭaśṛingī*, black cumin seeds, rock salt and purified *hingu*.

Process of Drug-Making: Prepare decoction out of *devadāru*, *vacā*, *kuṣṭha*, *pippalī*, dried ginger, *kirātatikta*, *kaṭphala*, *mustā*, *kaṭukī*, coriander seeds, *haraḍa*, *gajapippalī*, lesser *vyāghrī*, *gokṣura*, *dhanvayāsaka*, *yavāsā*, root of bigger *vyāghrī*, *ativiṣa*, *guḍūcī*, *karkaṭaśṛingī* and black cumin seeds (taken in equal parts and raised upto 25 gm. in total). Decoct the same in water measuring 400 ml. till its original quantity is reduced to one eighth.

Method of use/Administration: Add 1 gm. of rock salt and 500 mg. of purified *hingu* powder in the decoction. Serve the same for drinking to women who have delivered.

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Therapeutic benefits: This decoction is capable of alleviating puerperal problems caused due to *vāta*, *pitta* and *kapha*. It also helps puerperal women by checking *śūla*, *kāsa*, fever, *śvāsa*, fainting, body Śivaering, pain in head, *pralāpa*, morbid thirst, burning sensation, *tandrā* (sleeping tendency), *atisāra* and *vamana*. This *Devadarvādi Kvātha* is best suitable for curing all puerperal indispositions.

वज्रकाञ्जिकम्–

पिप्पली पिप्पलीमूलं चव्यं शुण्ठी यमानिका । जीरके द्वे हरिद्रे द्वे बिडं सौवर्चलं तथा ।।१८।।
एतैरेवौषधैः पिष्टैरारनालं विपाचयेत् । एतदामहरं वृष्यं कफघ्नं वह्निदीपनम् ।।१९।।
काञ्जिकं वज्रकं नाम स्त्रीणामाग्निविवर्द्धनम् । मक्कल्लशूलशमनं परं क्षीराभिवर्द्धनम् ।।
क्षीरपाकविधानेन काञ्जिकस्यापि साधनम् ।।२०।।

18-20. Vajrakānjikam:

Ingredients: *Pippalī*, *pippalīmūla*, *cavya*, dried ginger, *yamānī* (caraway seeds), white cumin seeds, black cumin seeds, *haridrā*, *dāruharidrā*, *viḍa* salt, *suvarcala* salt and water.

Process of Drug-Making: Obtain the mixture (12 gm.) containing *pippalī*, *pippalīmūla*, *cavya*, dried ginger, *yamānī* (caraway seeds), white cumin seeds, black cumin seeds, *haridrā*, *dāruharidrā*, *viḍa* salt and *suvarcala* salt (all taken in equal parts). Also, take 95 ml. measure of *kānji* and 190 ml. measure of water. Combine all these materials and cook the preparation, until all the water is evaporated and only *kānji* is left.

This preparation too, is cooked according to *kṣīrapāka* method.

Method of use/Administration: Serve this *kānji* for drinking to puerperal women.

Therapeutic benefits: This *Vajrakānjik* is helpful in reducing *āma doṣa*, provides aphrodisiac power (*vṛiṣya*), corrects disordered *kapha*, promotes digestive power, provides relief from *makkalla śūla* and it increases the content of milk.

भद्रोत्कटाद्यवलेहः–

भद्रोत्कटतुलाक्वाथे पादशेषे विनिःक्षिपेत् । शर्करायाः पलत्रिंशच्चूर्णानीमानि दापयेत् ।।२१।।
वत्सकं धान्यकं मुस्तमुशीरं बिल्वमेव च । शाल्मलीवेष्टकञ्चैव पिप्पली मरिचानि च ।।२२।।
बला चातिबला मांसी ह्रीबेरं सदुरालभम् । एषाञ्च पलिकैर्भागैश्चूर्णैरेवं समाचरेत् ।।२३।।
संग्रहग्रहणीं हन्ति सूतिकां च सुदुस्तराम् । वह्निञ्च कुरुते दीप्तं शूलानाहविबन्धनुत् ।।२४।।

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21-24. Bhadrotkaṭādyavaleha:

Ingredients: *Bhadrotkaṭa*, water, raw sugar, *kuṭaja's* bark, coriander, *mustā*, *uśīra*, pulp (*majjā*) of unripe *bilva* fruit, *mocarasa*, *pippalī*, black pepper, root of *balā*, root of *atibalā*, *jaṭāmānsī*, *netrabālā* and *yavāsā*.

Process of Drug-Making: Prepare decoction of *bhadrotkaṭa* measuring 4670 gm. in 12.50 litre quantity of water. Decoct the same until its original quantity is reduced to one fourth. Add 1400 gm. measure of raw sugar to it and cook the preparation slowly. When the preparation become thick like a confection sprinkle powders measuring 50 gm. each of *kuṭaja's* bark, coriander, *mustā*, *uśīra*, pulp (*majjā*) of unripe *bilva fruit*, *mocarasa*, *pippalī*, black pepper, root of *balā*, root of *atibalā*, *jaṭāmānsī*, *netrabālā* and *yavāsā*. Following this, thoroughly stir the preparation.

Method of use/Administration: This medicinal cream (*leha*) is to be taken in doses of 6-12 gm. along with pure water.

Therapeutic benefits: This *Bhadrotkaṭādyavaleha* is helpful in checking *sangrahaṇī*, severe puerperal indispositions, *śūla*, *ānāha* and *vibhanga*. It also promotes digestive power.

सौभाग्यशुण्ठी (प्रथमा)–

कशेरुशृङ्गाटवराटमुस्तं द्विजीरकं जातिफलं सकोषम् ।
लवङ्गशैलेयसनागपुष्पं पत्रं वराङ्गं शटि धातकी च ।।२५।।
एलाशताह्वाधनिकेभीपिप्पलीसपिप्पलीसोषणकासभीरुः
प्रत्येकमेषामिह कर्षयुग्मं लौहं तथाभ्रं पलभागयुक्तम् ।
महौषधाच्चूर्णपलानि चाष्टौ पलानित्रिंशत्सितशर्कराया
पलानि चाष्टावपि सर्पिषश्च प्रस्थद्वयं क्षीरमिह प्रयुक्तम् ।।२६।।
पचेद्विधिज्ञः परमादरेण खादेदिदं कर्षमथार्द्धकर्षम् ।।२७।।
कर्षद्वयं वापि समीक्ष्य शस्तंसौभाग्यशुण्ठी कथिता भिषग्भिः ।
अग्निप्रदा सूतिगदापहा च सर्वातिसारग्रहणीहरा च ।।२८।।

25-28. Saubhāgyaśunṭhī (First Recipe):

Ingredients: Powdered dried ginger, cow milk, cow *ghṛitam*, raw sugar (not-purified), water, *kaseru*, *śṛīngāṭa*, *varāṭa* (*kamalagatta*), *mustā*, white and black cumin seeds, *jātīphala*, *jātīkoṣa*, clove, *cailacarila*, *nāgakeśara*, cassia leaves, cinnamon, *karcūra*, flowers of *dhātakī*, smaller cardamom, aniseeds, coriander, *gajapippalī*, *pippalī*, black pepper, *śatāvarī*, *lauha bhasma* and *abhraka bhasma*.

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Process of Drug-Making: Add 375 gm. of powdered dried ginger that has been sieved through a cloth in cow milk measuring (1500 ml.). Cook them into a semi-solid recipe. Add to it, 375 gm. of cow *ghṛitam*. Fry the preparation until it become red and all the materials are burnt. Following this, prepare syrup of raw sugar (not-purified) measuring 1400 gm. in water measuring 2800 ml. Add this syrup into the above preparation. Subsequently, cook the preparation and after cooking is done, add to it powders measuring 23 gm. each of *kaseru*, *śṛīngāṭa*, *varāṭa*, *mustā*, white and black cumin seeds, *jātīphala*, *jātīkoṣa*, clove, *cailacaṛila*, *nāgakeśara*, cassia leaves, cinnamon, *karcūra*, flowers of *dhātakī*, smaller cardamom, aniseeds, coriander, *gajapippalī*, *pippalī*, black pepper and *śatāvarī*. Also add to the preparation 46 gm. each of *lauha bhasma* and *abhraka bhasma* and remove the preparation.

Method of use/Administration: This medicine can be taken in doses of 6-12 gm., depending on the strength of the patient. Lukewarm milk and pure water should be taken as *anupānas*.

Therapeutic benefits: This *Saubhāgya Śunti* is very much effective in promoting digestive power and cures puerperal indispositions, all types of *atisāra* and *sangrahaṇī*.

सौभाग्यशुण्ठी (द्वितीया)–

त्रिकटुत्रिफलाजाजीचातुर्जातकमुस्तकम् । जातीकोषफलं धान्यं लवङ्गं शतपुष्पिका ।।२९।।
नलिका मदनफलं यमानीद्वयधातकी । शतावरी तालमूली लोध्रं वारणापिप्पली ।।३०।।
प्रियालबीजममृता कर्पूरं चन्दनद्वयम् । कर्षप्रमाणान्येतेषां श्लक्ष्णचूर्णानि कारयेत् ।।३१।।
नागरस्य च चूर्णस्य प्रस्थद्वयमितं क्षिपेत् । दृढे च मृन्मये पात्रे पाचयेन्मृदुनाऽग्निना ।।३२।।
यत्नतः पाकविद्वैद्यो गुडिकां कारयेत्ततः । घृतमष्टपलं दद्यात् क्षीरप्रस्थद्वयं तथा ।।३३।।
सार्द्धप्रस्थद्वयं चात्र शर्करायास्ततः क्षिपेत् । भक्षयेत्प्रातरुत्थाय अजाक्षीरं पिबेदनु ।।३४।।
आमवातं निहन्त्याशु कासं श्वासं सपीनसम् । ग्रहणीमम्लपित्तञ्च रक्तपित्तं क्षतक्षयम् ।।३५।।
स्त्रीरोगान् विंशतिं चैव तत्क्षणादेव नाशयेत् । अहन्यहनि च स्त्रीणां स्तनदार्ढ्यकरं परम् ।
सौभाग्यजननं स्त्रीणां पुष्टिदं धातुवर्द्धनम् ।।३६।।

29-36. Saubhāgyaśunṭhī (Second Recipe):

Ingredients: Powdered of dried ginger, cow milk, *ghṛitam*, raw sugar, *tṛikaṭu*, *tṛiphalā*, white cumin seeds, cinnamon, smaller cardamom, cassia leaves, *nāgakeśara*, *mustā*, *jātīkoṣa*, *jātīphala*, coriander, clove, aniseeds, *nalikā*, *mynaphalā*, *yamānī* (caraway seeds), *ajamodā*, flowers of *dhātakī*, *śatāvarī*,

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muṣalī, *pāṭhāni lodhra*, *gajapippalī*, *cirouji*, abstract (*satva*) of *guḍūcī*, camphor and white and red varieties of sandalwood.

Process of Drug-Making: Take 1500 gm. measure of powdered of dried ginger and 375 gm. of cow milk. Collect both in an earthen vessel and cook them into confection on a slow heat. Add 375 gm. of *ghṛitam* to it and fry the preparation until all the materials are burnt. Following this, prepare syrup by dissolving 1875 gm. measure of raw sugar in water. Combine all these materials and cook them again. When cooking is done, add to it, 12 gm. measure of powders each of *tṛikaṭu*, *tṛiphalā*, white cumin seeds, cinnamon, smaller cardamom, cassia leaves, *nāgakeśara*, *mustā*, *jātīkoṣa*, *jātīphala*, coriander, clove, aniseeds, *nalikā*, *mynaphalā*, *yamānī* (caraway seeds), *ajamodā*, flowers of *dhātakī*, *śatāvarī*, *muṣalī*, *pāṭhāni lodhra*, *gajapippalī*, *cirouji*, abstract (*satva*) of *guḍūcī*, camphor, and white and red varieties of sandalwood. Store the same.

Method of use/Administration: This *Saubhāgya Śunti* is to be consumed during the morning hours in doses of 6-12 gm. (according to strength) along with lukewarm milk of goat or cow as *anupāna*.

Therapeutic benefits: Regular intake of this drug would make one free from *āmavāta*, cough (*kāsa*), *śvāsa* (asthma), *pīnasa*, *sangrahaṇī*, *āmlapitta*, *raktapitta*, *kṣatajanya kṣaya* and all the diseases related to women. This also makes the breasts of women firmer. It helps the body in healthy condition and it promotes the growth of *somadhātu*.

सौभाग्यशुण्ठी (बृहती)–

बृहच्छुण्ठींसमादाय चूर्णयित्वा विधानतः । पलषोडशिकां नीत्वा क्षीरे दशगुणे पचेत् ।।३७।।
क्रमेण पाकशुद्धिः स्याद् घृतप्रस्थे च भर्जयेत् । लघुपाकः प्रकर्त्तव्यो न खरो मोदकेष्वपि ।।३८।।
शतावरी विदारी च मूषली गोक्षुरो बला । छिन्नासत्त्वं शताह्वा च जीरकौ व्योषचित्रकौ ।।३९।।
त्रिसुगन्धि यमानी च तालीशं कारवी मिशिः । रास्ना पुष्करमूलं च वांशी दारु शताह्वयम् ।।४०।।
शटी मांसी वचा मोचं त्वक्पत्रं नागकेशरम् । जीवन्ती मेथिका यष्टी चन्दनं रक्तचन्दनम् ।।४१।।
क्रिमिघ्नं तोयसिंहास्यधन्याकं कट्फलं घनम् । कर्षद्वयमितं भागं प्रत्येकं पट्टघर्षितम् ।।४२।।
सर्वचूर्णाद् द्विगुणिता प्रदेया सितशर्करा । युक्त्या पाकविधानज्ञो मोदकं परिकल्पयेत् ।।४३।।
शुद्धे भाण्डे निधायाथ खादेन्नित्यं यथाबलम् । वीक्ष्याग्निबलकोष्ठञ्च नारीणाञ्च विशेषतः ।।४४।।
क्षौद्रानुपानतः प्रातर्गुरुदेवान् समाचरेत् । तद्वर्ण्यं बल्यमायुष्यं बलीपलितनाशनम् ।।४५।।
वयसः स्थापनं प्रोक्तमग्निदीप्तिकरं परम् । वृष्याणामतिवृष्यञ्च रसायनमिदं शुभम् ।।४६।।
विशेषात् स्त्रीगदे प्रोक्तं प्रसूतानां यथाऽमृतम् । विंशतिर्व्यापदो योनेः प्रदरं पञ्चधाऽपि च ।।४७।।
योनिदोषहरं स्त्रीणां रजोदोषहरन्तथा । पापसंसर्गजं दोषं नाशयेन्नात्र संशयः ।।४८।।

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आमवातहरश्चैव शिरःशूलनिवारणम् । सर्वशूलहरश्चैव विशेषात् कटिशूलनुत् ।।४९।।
वीर्यबुद्धिकरं पुंसां सूतिकातङ्कनाशनम् । वातपित्तकफोद्भूतान् द्वन्द्वजान् सन्निपातजान् ।।५०।।
हन्ति सर्वगदानेषा शुण्ठी सौभाग्यदायिनी । सौभाग्यदायिनी स्त्रीणामतः सौभाग्यशुण्ठिका ।।५१।।

37-51. Saubhāgya Śunti (Major Recipe):

Ingredients: Powder of dried ginger, milk, *ghṛitam*, raw sugar, *śatāvarī*, *vidārīkanda*, *muśalī*, *gokṣura*, root or seeds of *balā*, *satva* (abstract) of *guḍūcī*, aniseeds, white cumin seeds, black cumin seeds, dried ginger, *marica*, *pippalī*, bark of *citraka*, cinnamon, smaller cardamom, cassia leaves, *yamānī* (caraway seeds), *tāliśapatra*, *ajamodā*, aniseeds (and *madhūrikā* seeds), *rāsnā*, *puṣkaramūla*, *vanśalocana*, cassia leaves, *nāgakeśara*, *jīvantī*, *methikā*, *madhuyaṣṭī*, white sandalwood, red sandalwood, *viḍanga*, *netrabālā*, bark of *aḍuṣā*, coriander, *kaṭphala* and *mustā*

Process of Drug-Making: Take cloth sieved 750 gm. measure of powder of dried ginger. Mix it with 7500 ml. quantity of milk and cook them thickly similar to semi-solid recipe. Fry this recipe in 750 gm. measure of *ghṛitam*. Fry it until it becomes red. Prepare syrup by dissolving 1886 gm. of raw sugar in water. Add fried recipe into the syrup and cook the preparation again. After cooking is done, add to it, 23 gm. measure of powders each of *śatāvarī*, *vidārīkanda*, *muśalī*, *gokṣura*, root or seeds of *balā*, *satva* (abstract) of *guḍūcī*, aniseeds, white cumin seeds, black cumin seeds, dried ginger, *marica*, *pippalī*, bark of *citraka*, cinnamon, smaller cardamom, cassia leaves, *yamānī* (caraway seeds), *tāliśapatra*, *ajamodā*, aniseeds (and *madhūrikā* seeds), *rāsnā*, *puṣkaramūla*, *vanśalocana*, cassia leaves, *nāgakeśara*, *jīvantī*, *methikā*, *madhuyaṣṭī*, white sandalwood, red sandalwood, *viḍanga*, *netrabālā*, bark of *aḍuṣā*, coriander, *kaṭphala* and *mustā*. Kindly note that the syrup is made up of raw sugar (measuring 1886 gm.) which is twice the quantity of all powders (43 powders measuring 23 gm. each). Process soft cooking of this preparation again. In preparation of *modakas* (ball shaped lumps) cooking on strong fire is prohibited. When the preparation is cooled, make ball shaped lumps out if it and collect them in glassware.

Method of use/Administration: Depending on the strength and digestive power the dosage of this medicine can be prescribed. After worshipping teachers and Gods in morning hours, one can consume this medicine in doses of 6-12 fm. along with honey.

Therapeutic benefits: This *Bṛihat Saubhāgyaśunṭhī* is helpful in promoting complexion, power, longevity, aphrodisiac power, *vayasthapaka* and digestive

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power. It is like ambrosia in providing relief to women suffering from puerperal indispositions. Regular consumption of this medicine would alleviate 20 types of *yoni roga*, five types of *pradara*, *yonidoṣa*, *rajodoṣa*, disorders generated due to *pāpsansarg*, *āmavāta*, *śiraha śūla*, *sarvadoṣajśūla* and *kaṭiśūla*. It also promotes semen growth and corrects puerperal problems. If taken with proper *anupānas*, it can cure indispositions caused due to vitiated *vāta*, *pitta*, *kapha* and their combination (*tridoṣaja* and *dvidoṣaja*). It corrects all disorders related to women and provides fortune. Therefore, this medicine is known as *Saubhāgya Śunti*.

पञ्चजीरकगुडः (च० द०)–

जीरकं हबुषा धान्यं शताह्वा बदराणि च । यमानी क्रुष्टिका हिङ्गुपत्रिका कासमर्दकम् ।।५२।।
पिप्पली पिप्पलीमूलमजमोदाऽथ बाष्पिका । चित्रकं च पलांशानि तथाऽन्यच्च चतुष्पलम् ।।५३।।
कशेरुकं नागरं च कुष्ठं दीप्यकमेव च । गुडस्य च शतं दद्याद् घृतप्रस्थं तथैव च ।।५४।।
क्षीरद्विप्रस्थसंयुक्तं शनैर्मृद्वग्निना पचेत् । पञ्चजीरक इत्येष सूतिकानां प्रशस्यते ।।५५।।
गर्भार्थिनीनां नारीणां बृंहणीये समारुते । बिंशतिर्व्यापदो योनेः कासं श्वासं ज्वरं क्षयम् ।।५६।।
हलीमकं पाण्डुरोगं दीर्गन्ध्यं मूत्रकृच्छ्रताम् । घ्नन्ति पीनोन्नतकुचाः पद्मपत्रायतेक्षणाः ।।५७।।
उपयोगात् स्त्रियो नित्यमलक्ष्मीमलवर्जिताः ।।५८।।

52-58. Pañcajīraka Guḍa:

Ingredients: Gujarati cumin seeds, *habuṣā*, coriander, aniseeds, dry fruits of *badarī*, *yamānī* (caraway seeds), *rājī*, *hingupatrī*, *kāsamardaka*, *pippalī*, *pippalīmūla*, *ajamodā*, lesser *rājī*, root of *citraka*, *kaśeru* (root), dried ginger, *kuṣṭha*, *yamānī*, raw sugar (*guḍa*), *ghṛitam*, milk, milk and water.

Process of Drug-Making: Gather 46 gm. each of Gujarati cumin seeds, *habuṣā*, coriander, aniseeds, dry fruits of *badarī*, *yamānī* (caraway seeds), *rājī*, *hingupatrī*, *kāsamardaka*, *pippalī*, *pippalīmūla*, *ajamodā*, lesser *rājī* and root of *citraka*. Also take, powders of *kaśeru* (root), dried ginger, *kuṣṭha*, *yamānī* (each measuring 190 gm.). Subsequently, take 4670 gm. measure of raw sugar (*guḍa*), 750 gm. of *ghṛitam* and 1500 ml. of milk. First, cook *guḍa* and *ghṛitam* with milk and water measuring twice the quantity of *guḍa* and *ghṛitam*. When the preparation takes the shape of confection and it sticks to the stirring stick, sprinkle all the above mentioned powders into it and stir it.

Method of use/Administration: Avoiding sex is considered a good measure for pregnant women and also those pregnant ladies who have become weak due to effect of *vāta*.

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Therapeutic benefits: This *Pañcajiraka Guḍa* is very much effective in providing relief from puerperal indispositions. The medicine also checks 20 types of *yonivyapam*, *kāsa* (coughs), *śvāsa*, fever, *kṣaya*, *halīmaka*, *pāṇḍuroga*, body odour and *mūtrakṛicchra*. By intake of this medicine, women would have alleviated *kuc* and become more beautiful by having lotus like eyes. It eliminates ugly factors of body.

(Cakradatt)

जीरकादिमोदकम्–

जीरकस्य पालान्यष्टौ शुण्ठी धान्यं पलत्रयम् । शतपुष्पा यमानी च कृष्णीजीरं पलं पलम् ।।५९।।
क्षीरं द्विप्रस्थसंयुक्तं खण्डस्यार्द्धशतं पलम् । घृतस्यापि पलान्यष्टौ शनैर्मृद्वग्निना पचेत् ।।६०।।
व्योषं त्रिजातकञ्चैव विडङ्गं चव्यचित्रकम् । मुस्तकञ्च लवङ्गञ्च पलांशं सम्प्रकल्पयेत् ।।६१।।
मन्देन वह्निना पक्त्वा मोदकं कारयेद्भिषक् । सर्वयोषिद्विकाराणां नाशनं वह्निदीपनम् ।।
सूतिकारोगशमनं विशेषाद् ग्रहणीहरम् ।।६२।।

59-62. Jirakādi modkam:

Ingredients: Cumin seeds, dried ginger, coriander, aniseeds, caraway seeds, black cumin seeds, milk, *ghṛitam*, purified raw sugar (*khanḍ*), water, dried ginger, *marica*, *pippalī*, cinnamon, smaller cardamom, cassia leaves, *vāyaviḍanga*, *cavya*, *citraka*, *mustā* and clove.

Process of Drug-Making: Obtain 375 gm. of white cumin seeds, 140 gm. each of dried ginger and coriander and 46 gm. each of aniseeds, caraway seeds and black cumin seeds. Combine all these materials and pulverize them into a fine powder. Pour this powder in milk measuring 1500 ml. Cook the same on a slow heat until it become thick. Following this, fry the same thoroughly by adding 375 gm. measure of *ghṛitam*. If *ghṛitam's* quantity seems less, then according to definition of *drava dvaigunya* one can use 16 *pala* (768 ml.) as well. Take 2340 gm. of purified raw sugar and dissolve in water to prepare syrup out of it. Collect the above mentioned fried preparation in this syrup and again start cooking. After methodologically cooking the preparation, add to it powders of 46 gm. each of dried ginger, *marica*, *pippalī*, cinnamon, smaller cardamom, cassia leaves, *vāyaviḍanga*, *cavya*, *citraka*, *mustā* and clove. Remove it from fire, after stirring the mix. Prepare ball shaped lumps from this mix.

Method of use/Administration: This medicine is to be taken in doses of 6-12 gm. along with lukewarm sweetened milk and pure water.

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Therapeutic benefits: This *Jirakādi Modaka* is capable of checking all disorders pertaining to women, puerperal indispositions and *sangrahaṇī*. It also helps in promoting digestive power.

सूतिकाविनोदरसः–

रसगन्धकतुत्थं च त्र्यहं जम्बीरमर्दितम् । त्रिर्भावितं त्रिकटुना देयं गुञ्जाचतुष्टयम् ।।६३।।
गर्भिण्याः शूलविष्टम्भज्वराजीर्णषु योजयेत् ।।६४।।

63-64. Sutikāvinoda Rasa:

Ingredients: *Pārada*, *gandhaka*, *tutthaka* (all in raw form), juice of *jambīra*, decoction of dried ginger, *marica* and *pippalī*.

Process of Drug-Making: Take equal parts of *pārada*, *gandhaka* and *tutthaka* (all in raw form). Triturate mix of these materials with juice of *jambīra* for three consecutive days. After triturate ing, impregnate the mix, for three times, with decoction of dried ginger, *marica* and *pippalī*. Prepare pills measuring 500 mg. each.

Therapeutic benefits: This medicine helps in providing relief to pregnant women from *śūla*, *viṣṭambha*, fever and *ajīrna*.

सूतिकाविनोदरसो बृहत्–

शुण्ठ्या भागो भवेदेको द्वौभागौमरिचस्य च । पिप्पल्याश्च त्रिभागाः स्युरर्द्धभागञ्च रोमकम् ।।६५।।
जातीकोषस्य भागौ द्वौ द्वौ भागौ तुत्थकस्य च । सिन्धुवारजलेनैव मर्दयेदेकयामतः ।।
मधुना सह सेवेत सूतिकातङ्कनाशनः ।।६६।।

65-66. Sutikāvinoda Rasa (Major Recipe):

Ingredients: Dried ginger, black pepper, *pippalī*, *romaka lavaṇa*, *jātīkoṣa*, purified *nīla tutthaka* and juice of *nirgundī* leaves.

Process of Drug-Making: Obtain 1 part of dried ginger, 2 parts of black pepper, 3 parts of *pippalī*, ½ part of *romaka lavaṇa* and 2 parts each of *jātīkoṣa* and purified *nīla tutthaka*. Powder all these materials and triturate the mix with juice of *nirgundī* leaves for three hours. Following this, dry the mix.

Method of use/Administration: This medicine is to be taken in doses of 250 mg. with honey.

Therapeutic benefits: This medicine is a terminator of *sutikārogas* and is known as *Bṛihat Sutikāvinod Rasa*. It is capable of curing all types of puerperal indispositions.

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सूतिकारिरसः–

रसगन्धककृष्णाभ्रं तदर्द्धं ताम्रभस्मकम् । चूर्णितं मर्दयेद्यत्नाद् भेकपर्णीरसेन च ।।६७।।
छायाशुष्का गुडी कार्या कलायसदृशी ततः । मात्रया कटुना देया सूतिकातङ्कनाशनी ।।६८।।
ज्वरतृष्णाऽरुचिहरी शोथघ्नी वह्निदीपनी ।।६९।।

67-69. SutikāriRasa:

Ingredients: Purified *pārada*, purified *gandhaka*, *kṛiṣṇabhraka bhasma*, *tāmra bhasma* and juice of *manḍukaparṇī*.

Process of Drug-Making: Obtain 20 gm. each of purified *pārada*, purified *gandhaka* and *kṛiṣṇabhraka bhasma*. Also, take *tāmra bhasma* measuring 10 gm. Combine all these materials and triturate this mix with juice of *manḍukaparṇī*. Prepare pills measuring 250 mg. each. Dry these pills under shade.

Method of use/Administration: This medicine is to be taken thrice daily in doses of one pill along with ginger juice as *anupāna*.

Therapeutic benefits: Consumption of this drug would help in alleviating fever caused due to puerperal indisposition, anorexia and *śotha*. It also helps in promoting digestive power.

सूतिकाघ्नो रसः–

रसगन्धकलौहाभ्रं जातीकोषं सुवर्चलम् । समांशं मर्दयेत् खल्ले छागीदुग्धेन पेषयेत् ।।७०।।
गुञ्जाद्वयप्रमाणेन सूतिकातङ्कनाशनः । ज्वरातिसाररोगघ्नः कासश्वासातिसारनुत् ।।
सूतिकाघ्नो रसो नाम ब्रह्मणा परिकीर्त्तितः ।।७१।।

70-71. Sutikāghna Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, *lauha bhasma*, *abhraka bhasma*, *jātīkoṣa* powder, *suvarcala lavaṇa* and goat milk.

Process of Drug-Making: Obtain equal parts of purified *pārada*, purified *gandhaka*, *lauha bhasma*, *abhraka bhasma*, *jātīkoṣa* powder and *suvarcala lavaṇa*. Prepare *kajjalī* out of these materials and triturate it along with goat milk. Prepare pills measuring 250 mg. each.

Therapeutic benefits: This medicine is capable of checking *sutikā roga*, *jvarātisāra*, *kāsa*, *śvāsa* and *atisāra*. This medicine has been propounded by God Brahmā.

सूतिकाहरो रसः–

लवङ्गं रसगन्धौ च यवक्षारं तथाऽभ्रकम् । लौहं ताम्रं सीसकञ्च पलमानं समाहरेत् ।।७२।।

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जातीफलं केशराजं वरा भृङ्गलमुस्तकम् । धातकीन्द्रयवं पाठा शृङ्गी बिल्वञ्च बालकम् ।।७३।।
कर्षमानञ्च सञ्चूर्ण्य सर्वमेकत्र कारयेत् । बदरास्थिप्रमाणेन वटिकां कारयेद्भिषक् ।।७४।।
गन्धालिकापत्ररसैरनुपानं प्रदापयेत् । सर्वातीसारशमनः सर्वशूलनिवारणः ।।७५।।
सूतिकाहरनामाऽयं सूतिकां नाशयेद् ध्रुवम् ।।७६।।

72-76. Sutikāhara Rasa:

Ingredients: Clove, purified *pārada*, purified *gandhaka*, *yavakṣāra*, *abhraka bhasma*, *lauha bhasma*, *tāmra bhasma*, *nāga bhasma*, *jātīphala*, *keśarāja*, *triphalā*, *bhṛingarāja*, smaller cardamom, *mustā*, flowers of *dhātakī*, *indrayava*, *pāṭhā*, *karkaṭaśṛīngī*, pulp (*majjā*) of unripe *bilva* fruit, *netrabālā* and juice of *gandhaprasāraṇī*.

Process of Drug-Making: Get 46 gm. each of clove, purified *pārada*, purified *gandhaka*, *yavakṣāra*, *abhraka bhasma*, *lauha bhasma*, *tāmra bhasma*, *nāga bhasma* along with 12 gm. each of *jātīphala*, *keśarāja*, *triphalā*, *bhṛingarāja*, smaller cardamom, *mustā*, flowers of *dhātakī*, *indrayava*, *pāṭhā*, *karkaṭaśṛīngī*, pulp (*majjā*) of unripe *bilva* fruit and *netrabālā*. Combine all these materials together and triturate the mix methodologically with juice of *gandhaprasāraṇī*. Prepare pills measuring 500 mg.

Method of use/Administration: This *Sutikāhar Rasa* is to be taken with juice of *gandhaprasāriṇī* as *anupāna*.

Therapeutic benefits: This medicine is very much effective in curing all types of *atisāra*, *śūla* and puerperal indispositions associated with various symptoms.

रसशार्दूलः–
अभ्रं ताम्रं तथा लौहं राजपट्टं रसस्तथा । गन्धटङ्गमरीचञ्च यवक्षारं समांशकम् ।।७७।।
तथाऽत्र तालकञ्चैव त्रिफलायाश्च तोलकम् । तोलकञ्चामृतञ्चैव गुञ्जाद्वयमिता वटी ।।७८।।
ग्रीष्मसुन्दरकस्यापि नागवल्लीरसेन च । भावयेत् सप्तधा हन्ति ज्वरकासाङ्गसंग्रहम् ।।
सूतिकातङ्कशोथादिस्त्रीरोगञ्च विनाशयेत् ।।७९।।

77-79. Rasaśardula:

Ingredients: *Abhraka bhasma*, *tāmra bhasma*, *lauha bhasma*, *rājapaṭṭa* (*kānta pāṣāṇa*) *bhasma*, purified *pārada* purified *gandhaka*, purified *tañkaṇa*, powder of black pepper, *yavakṣāra*, purified *haritāla*, mixed *triphalā* powder, powder of purified *vatsanābha viṣa*, juice of *grīṣmasundara* and betel leaves.

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Process of Drug-Making: Obtain 12 gm. each of *abhraka bhasma*, *tāmra bhasma*, *lauha bhasma*, *rājapaṭṭa* (*kānta pāṣāṇa*) *bhasma*, purified *pārada* purified *gandhaka*, purified *tañkaṇa*, powder of black pepper, *yavakṣāra*, purified *haritāla*, mixed *triphalā* powder and powder of purified *vatsanābha viṣa*. Powder these materials and impregnate the mix separately and seven times each with juice of *grīṣmasundara* and betel leaves. Following this, triturate the mix again and prepare pills measuring 250 mg. each.

Therapeutic benefits: This *Rasaśārdūla Rasa* medicine is very much effective curing all women related disorders like fever, *kāsa*, stiffness of body parts, puerperal indispositions and *śotha*.

रसशार्दूलः (महान्)–

अभ्रकं पुटितं ताम्रं स्वर्णं गन्धञ्च पारदम् । शिला टङ्कं यवक्षारं त्रिफलायाः पलं पलम् ।।८०।।
गरलस्य तथा ग्राह्यामर्द्धतोलकसम्मितम् । त्वगेलापत्रकञ्चैव जातीकोषलवङ्गकम् ।।८१।।
मांसी तालीशपत्रञ्च माक्षिकञ्च रसाञ्जनम् । एषां द्विकार्षिकं भागं देयञ्चापि विचक्षणैः ।।८२।।
द्रवे किञ्चित् स्थिते चूर्णं मरिचस्य पलं क्षिपेत् । भावना च प्रदातव्या पूर्वोक्तेन रसेन च ।।८३।।
निहन्ति विविधान्रोगाज्ज्वरान्दाहान् वमिं भ्रमिम् । तथाऽतिसारकञ्चैव वह्निमान्द्यमरोचकम् ।।८४।।
विशेसाद् गर्भिणीरोगं नाशयेदचिरेण च ।।८५।।

80-85. Māharasaśārdūla (Major Recipe):

Ingredients: *Abhraka bhasma*, *tāmra bhasma*, *svarṇa bhasma*, purified *gandhaka*, purified *pārada*, purified *manahśilā*, purified *tañkaṇa*, *yavakṣāra*, powder of *triphalā*, *vatsnābha viṣa*, cinnamon, smaller cardamom, cassia leaves, *jātīkoṣa*, clove, *jaṭāmānsī*, *tāliśapatra*, *svarṇamākṣika bhasma*, powder of *rasāñjana*, juices of *grīśamasundara*, betel leaves and powder of black pepper.

Process of Drug-Making: Obtain 46 gm. each of *abhraka bhasma*, *tāmra bhasma*, *svarṇa bhasma*, purified *gandhaka*, purified *pārada*, purified *manahśilā*, purified *tañkaṇa*, *yavakṣāra* and powder of *triphalā* along with 6 gm. of *vatsnābha viṣa*. Also, take 23 gm. each of cinnamon, smaller cardamom, cassia leaves, *jātīkoṣa*, clove, *jaṭāmānsī*, *tāliśapatra*, *svarṇamākṣika bhasma* and powder of *rasāñjana*. Combine all these powders. Impregnate the mix separately and seven times each with juices of *grīśamasundara* and betel leaves. When it is still in liquid form, sprinkle powder of black pepper measuring 46 gm. Subsequently, triturate the mix.

Dosage: 250 mg. along with honey.

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Therapeutic benefits: This *Māharasaśārdūla* is an effective cure for various disorders like fever, burning sensation, *vamana*, *bhrama*, *atisāra*, *agnimāndya*, *aruci* and specially all puerperal indispositions.

महाभ्रवटी (र० सा० सं)–

अभ्रकं पुटितं ताम्रं लौहं गन्धकपारदम् । कुनटी टङ्गणं क्षारं त्रिफला च पलं पलम् ।।८६।।
गरलं च तथा माषचतुष्कं चैब चूर्णितम् । तत्सर्वं भावयेदेषां रसैः प्रत्येकशः पलैः ।।८७।।
ग्रीष्मसुन्दरकस्याटरूषकस्य क्रमेण तु । रसैस्ताम्बूलबल्ल्याश्च दलोत्थैर्भावितं पृथक् ।।८८।।
द्रवे किंचितत्स्थिते चूर्णं मरिचस्य पलं क्षिपेत् । सर्वातीसारशमनं सर्वशूलनिवारणम् ।।८९।।
सूतिकाशोथपाण्डुघ्नं सर्वज्वरविनाशनम् । नाशयेत् सूतिकातङ्कं वृक्षमिन्द्राशनिर्यथा ।।९०।।

86-90. Mahābhravaṭī:

Ingredients: *Abhraka bhasma*, *tāmra bhasma*, *lauha bhasma*, *gandhaka*, *pārada*, *manahśilā*, *borax*, *yavakṣāra*, *haraḍa*, *vibhītaka*, *āmalakī*, *viṣa*, juices of *gṛiśamsundara*, *aḍuṣā*, betel leaves and powder of *marica*.

Process of Drug-Making: Get the following materials: 46 gm. each of *abhraka bhasma*, *tāmra bhasma*, *lauha bhasma*, *gandhaka*, *pārada*, *manahśilā*, *borax*, *yavakṣāra*, *haraḍa*, *vibhītaka* and *āmalakī* along with 4 gm. measure of *viṣa*. Combine all these materials and compound. Impregnate the mix separately with juices each of *gṛiśamsundara*, *aḍuṣā* and betel leaves. When there is only little liquid is left, add to it 46 gm. powder of *marica* and mix properly. Dry the mix and store it.

Method of use/Administration: Dosage – 125 mg.

Therapeutic benefits: This drug is capable of checking *atisāra*, all types of *śūla*, puerperal disorders, *śotha*, *pāṇḍu* and all types of fever. This drug terminates puerperal indispositions as effectively as a lightening in killing a tree.

(*Rasendra Sār Sangraha*)

महाभ्रवटी (द्वितीया)–(र० सा० स)

मृतमभ्रञ्च लौहञ्च कुनटी ताम्रकस्तथा । रसगन्धकटङ्गञ्च यवक्षारफलत्रिकम् ।।९१।।
प्रत्येकं तोलकं ग्राह्यमूषणं पञ्चतोलकम् । सर्वमेकीकृतं चूर्णं प्रत्येकेन बिभावयेत् ।।९२।।
ग्रीष्मसुन्दरसिंहास्यनागवल्ल्या रसेन च । रक्तिकैकप्रमाणेन वटिकां कारयेद्भिषक् ।।
योजयेत्सर्वथा वैद्यः सूतिकारोगशान्तये ।।९३।।

91-93. Mahābhravaṭī (Second Recipe):

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Ingredients: *Abhraka bhasma*, *lauha bhasma*, purified *manahśilā*, *tāmra bhasma*, purified *pārada*, purified *gandhaka*, purified *tañkaṇa*, *yavakṣāra*, *haraḍa*, *vibhītaka*, *āmalakī*, black pepper, juices of *gṛīṣmasundara*, *aḍuṣā* and *nāgarvel* leaves.

Process of Drug-Making: Take 12 gm. each of *abhraka bhasma*, *lauha bhasma*, purified *manahśilā*, *tāmra bhasma*, purified *pārada*, purified *gandhaka*, purified *tañkaṇa*, *yavakṣāra*, *haraḍa*, *vibhītaka* and *āmalakī* along with 58 gm. measure of black pepper. Combine all these materials and compound. Impregnate the mix separately with juices of *gṛīṣmasundara*, *aḍuṣā* and *nāgarvel* leaves. Prepare pills in measurement of 125 mg. each.

Therapeutic benefits: This *Mahābhravaṭī* helps in getting relief from puerperal indispositions.

(*Rasendra Sār Sangraha*)

सूतिकारिरसः (द्वितीयः)–

टङ्कणं मूर्च्छितं सूतं गन्धकं हेम तारकम् । जातीफलं तथा कोषं लवङ्गैला च धातकी ।।९४।।
वत्सकेन्द्रयवः पाठा शृङ्गी विश्वाजमोदिका । गुडी प्रसारणीरसैश्चतुर्गुञ्जाप्रमाणतः ।।९५।।
भक्षयेत्तद्रसैः प्रातः सूतिकातङ्कशान्तये । जीर्णज्वरं हन्ति शोथं ग्रहणीप्लीहकासनुत् ।।९६।।

94-96. SutikāriRasa (Second Recipe):

Ingredients: Purified *tañkaṇa*, *rasa sindūra*, purified *gandhaka*, *svarṇa bhasma*, *rajata bhasma*, *jātīphala*, *jātīkoṣa*, clove, smaller cardamom, flowers of *dhātakī*, bark of *kuṭaja*, *indrayava*, *pāṭhā*, *karkaṭaśṛīngī*, dried ginger, caraway seeds and juice or decoction of *gandhaprasāraṇī*.

Process of Drug-Making: Obtain 1 part each of purified *tañkaṇa*, *rasa sindūra*, purified *gandhaka*, *svarṇa bhasma*, *rajata bhasma*, *jātīphala*, *jātīkoṣa*, clove, smaller cardamom, flowers of *dhātakī*, bark of *kuṭaja*, *indrayava*, *pāṭhā*, *karkaṭaśṛīngī*, dried ginger and caraway seeds. Triturate their mix with juice or decoction of *gandhaprasāraṇī*. Prepare pills measuring 500 mg. each.

Method of use/Administration: Consume this medicine during morning hours in doses of one pill with juice or decoction of *prasāraṇī* as *anupāna*.

Therapeutic benefits: Consumption of this medicine would make one free from puerperal disorders, *jīrṇa jvara*, *śotha*, *sangrahaṇī*, *plīhā vṛidhi* and *kāsa*.

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सूतिकान्तको रसः (र० सा० सं०)–

रसाभ्रगन्धकं व्योषं सुवर्णमाक्षिकं विषम् । सर्वमेकीकृतं चूर्णं खादेद् रक्तिचतुष्टयम् ।।९७।।
सूतिकाग्रहणीरोगं वह्निमान्द्यञ्च नाशयेत् । अतीसारञ्च शमयेदपि वैद्यविवर्जितम् ।।
कासश्वासातिसारघ्नो वाजीकरण उत्तमः ।।९८।।

97-98. Sutikānṭaka Rasa:

Ingredients: Purified *pārada*, *abhraka bhasma*, purified *gandhaka*, *tṛikaṭu* powder, *svarṇamākṣika bhasma* and powder of purified *vatsanābha*.

Process of Drug-Making: Take equal parts of purified *pārada*, *abhraka bhasma*, purified *gandhaka*, *tṛikaṭu* powder, *svarṇamākṣika bhasma* and powder of purified *vatsanābha*. Triturate these materials.

Method of use/Administration: This medicine is to be taken in doses of 500 mg. along with honey.

Therapeutic benefits: Helps in getting relief from puerperal disorders, *sangrahaṇī*, *agnimāndya*, difficult *atisāra*, *kāsa* and *śvāsa*. It also promotes aphrodisiac power.

(*Rasendra Sār Sangraha*)

सूतिकाहरो रसः (द्वितीयः)–

हिङ्गुलं हरितालञ्च शङ्खभस्मायसो रजः । खर्परं धूर्त्तबीजञ्च यवक्षारञ्च टङ्कणम् ।।९९।।
बिभीतककषायेण भावयित्वा विधानतः । मर्दयित्वा विदध्याच्च कलायसदृशीर्वटीः ।।१००।।
यथादोषानुपानेन प्रयुक्तोऽयं रसोत्तमः । निहन्यात् सूतिकातङ्कान् वह्निस्तृणगणानिव ।।१०१।।

99-101. Sutikāhara Rasa (Second Recipe):

Ingredients: Purified *hiñgula*, purified *haritāla*, *śankha bhasma*, *lauha bhasma*, *kharpara bhasma*, purified seeds of *dhūstūra*, *yavakṣāra*, purified borax and decoction of *vibhītaka*.

Process of Drug-Making: Obtain equal parts of purified *hiñgula*, purified *haritāla*, *śankha bhasma*, *lauha bhasma*, *kharpara bhasma*, purified seeds of *dhūstūra*, *yavakṣāra* and purified borax. Compound all these materials into a fine powder. Impregnate the mix with decoction of *vibhītaka*. Prepare pills measuring 250 mg. each.

Method of use/Administration: Take the medicine with proper *anupānas* depending on the concentration of *doṣas*.

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Therapeutic benefits: This *Sutikāhar Rasa* is as effective in checking puerperal indispositions as fire in burning heap of hay.

सूतिकावल्लभो रसो बृहत्–

सूतं गन्धं माक्षिकञ्च व्योमेन्दुंहेमतालकम् । रजतं फणिफेनञ्च जातीकोषफले तथा ।।१०२।।
मुस्तकस्य बलायाश्चशाल्मल्याःस्वरसेन च । भावयित्वा वटीः कुर्याद् द्विगुञ्जापरिमाणतः ।।१०३।।
सूतिकावल्लभोनाम प्रयुक्तोऽयंमहान् रसः । निहन्यात् सूतिकारोगान्दुर्वारान् ग्रहणीगदान् ।।१०४।।
अतीसारं सुघोरञ्च दौर्बल्यं वह्निमन्दताम् । जनयेदाशु पुष्टिञ्च कान्तिं मेधां धृतिं तथा ।।१०५।।

102-105. Sutikāvallabha Rasa (Major Recipe):

Ingredients: Purified *pārada*, purified *gandhaka*, *svarṇamākṣika bhasma*, *abhraka bhasma*, camphor, *svarṇa bhasma*, purified *haritāla*, *rajata bhasma*, purified *ahiphena* (opium), *jātīkoṣa*, powder of *jātīphala*, juices or decoctions of roots of *mustā*, *balā* and *śālmali*.

Process of Drug-Making: Take equal parts of purified *pārada*, purified *gandhaka*, *svarṇamākṣika bhasma*, *abhraka bhasma*, camphor, *svarṇa bhasma*, purified *haritāla*, *rajata bhasma*, purified *ahiphena* (opium), *jātīkoṣa* and powder of *jātīphala*. Impregnate the mix separately with juices or decoctions of roots of *mustā*, *balā* and *śālmali*. Following impregnation, triturate the mix and prepare pills in measurement of 250 mg. each.

Therapeutic benefits: This *Bṛihat Sutikāvallabha Rasa* is effective in checking all puerperal indispositions, *durvaraniya sangrahaṇī*, severe *atisāra*, weakness and disorders related to *agnimāndya*. It promotes health of body, beauty, intellect and *dhrati*.

लक्ष्मीनारायणरसः (र० चं०)–

शुद्धगन्धकमेतच्च टङ्गणं विषहिङ्गुलम् । रोहिण्यतिविषा कृष्णा वत्सकाभ्रकसैन्धवम् ।।१०६।।
एतानि समभागानि खल्वमध्ये विनिक्षिपेत् । दन्तीद्रावैः फलद्रावैर्मर्दयेच्च दिनत्रयम् ।।१०७।।
वल्लद्वयीं वटीं कृत्वा ह्यार्द्रकस्य जलैर्ददेत् । दोषज्वरे सन्निपाते विसूच्यां विषमज्वरे ।।१०८।।
अतिसारे ग्रहण्यां च रक्तामे मेहशूलजित् । सूतिकावातदोषघ्नो लङ्केशमिव राघवः ।।१०९।।
इष्टान्नं भोजयेत्पथ्यमभ्यङ्गं स्नानमाचरेत् । कर्पूरमिश्रं ताम्बूलं प्रसूनं हरिचन्दनम् ।।११०।।
नारिकेलोदकं पीत्वा नारीणां सङ्गमेव च । लक्ष्मीनारायणो नाम रसानामुत्तमो रसः ।।१११।।

106-111. LakṣmīNārāyaṇa Rasa:

Ingredients: Purified *gandhaka*, purified *tañkaṇa*, purified *vatsanābha viṣa*, purified *hiñgula*, *kaṭukī*, *ativiṣa*, *pippalī*, bark of *kuṭaja*, *abhraka bhasma*, rock salt, decoctions of *dantī's* root and *madanaphala*.

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Process of Drug-Making: Get the following materials: equal parts of purified *gandhaka*, purified *tañkaṇa*, purified *vatsanābha viṣa*, purified *hiñgula*, *kaṭukī*, *ativiṣa*, *pippalī*, bark of *kuṭaja*, *abhraka bhasma* and rock salt. Triturate these materials together with decoctions of *dantī's* root and *madanaphala* for three days. Prepare pills measuring 750 mg. each.

Method of use/Administration: Consume this medicine along with juice of ginger. If the patient feels hunger, *abhiṣṭa* food should be served as compatible diet. Also, the following measures are considered to be favourable for such patients: massaging with oils like *lākṣā*, bathing, eating aromatic *tāmbūla* (*karpūrādi*), wearing garland of *puppo*, pasting of *haṛicandan* and doing sex after drinking water of milky coconut.

Therapeutic benefits: This medicine is very much helpful in alleviating water borne diseases like fever, *sannipāta*, *viṣūcīkā*, *viṣam jvara*, *atisāra*, *sangrahaṇī*, *raktātisāra*, *āmātisāra*, *prameha* (i.e. urinary disorders including diabetes), *śūla*, puerperal indispositions and *prasūtivāta* and the like disorders.

(*Rasendra Cintāmaṇī*)

सूतिकाभरणरसः (यो० र०)–

सुवर्णं रजतं ताम्रं प्रवालं पारदं समम् । गन्धकं चाभ्रकं तालं शिला त्रिकटु रोहिणी ।।११२।।
एतानि समभागानि रविक्षीरेण मर्दयेत् । चित्रमूलकषायेण पौनर्नवरसेन च ।।११३।।
दिनं गजपुटे पाच्यं भूषायां धारयेत्पृथक् । अनुपानविशेषेण देयं गुञ्जार्द्धकं च तत् ।।११४।।
सूतिकारोगमतुलं धनुर्वातं विशेषतः । त्रिदोषोत्थान्हरेद्व्याधीनिच्छापथ्यं प्रदापयेत् ।।११५।।
सूतिकाभरणं नाम सर्वरोगहरञ्च तत् ।।११६।।

112-116. Sutikābharana Rasa:

Ingredients: *Svarṇa bhasma*, *rajata bhasma*, *tāmra bhasma*, *pravāla bhasma*, purified *pārada*, *abhraka bhasma*, purified *haritāla*, purified *manahśilā*, dried ginger, *marica*, *pippalī*, powder of *kaṭukī*, latex of *arka*, decoction of *citraka's* root and juice of *punarnavā*.

Process of Drug-Making: Take equal parts of *svarṇa bhasma*, *rajata bhasma*, *tāmra bhasma*, *pravāla bhasma*, purified *pārada*, *abhraka bhasma*, purified *haritāla*, purified *manahśilā*, dried ginger, *marica*, *pippalī* and powder of *kaṭukī*. Triturate the mix separately with latex of *arka*, decoction of *citraka's* root and juice of *punarnavā*. After triturate ing prepare cakes measuring 1 gm. each.

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Dry these cakes and put inside a *mūṣā*. Cook the same in *gajapuṭa* and let it cool down on its own. When the same is cooled, take out the medicine and store it.

Method of use/Administration: This *Sutikābharan Rasa* is to be taken in doses of 62 mg. with proper *anupānas* to get relief from various disorders. While consuming this medicine, one can eat food of one's desire without any restrictions.

Therapeutic benefits: This medicine is capable of checking severe puerperal indispositions, *dhanurvat* and *tridoṣas* generated diseases.

(*Yoga Ratnākar*)

भद्रोत्कटाद्यं घृतम्–

समूलपत्रशाखन्तु शतं भद्रोत्कटस्य च । वारिद्रोणेन संसाध्य स्थाप्यं पादावशेषितम् ।।११७।।
घृतप्रस्थं विपक्तव्यं गर्भ दत्त्वा तु कार्षिकम् । सव्योषं पिप्पलीमूलं चित्रकं जीरकं तथा ।।११८।।
पञ्चमूलं कनिष्ठञ्च रास्नैरण्डसमन्वितम् । बला सिन्धुर्यवक्षारं सर्जिका कृष्णजीरकम् ।।११९।।
सिद्धमेतद् घृतं सद्यो निहन्यात्सूतिकामयान् । ग्रहणीं पाण्डुरोगञ्च अर्शांसि विविधानि च ।।
अग्निञ्च कुरुते दीप्तं स्त्रीणां स्तन्यविशोधनम् ।।१२०।।

117-120. Bhadrotkaṭādya Ghṛitam:

Ingredients: *Mūrcchita* cow *ghṛitam*, *bhadrotkaṭ's mūla*, leaves and branches, water, *tṛikaṭu*, *pippalīmūla*, bark of *citraka*, white cumin seeds, *laghu pañcamūla*, *rāsnā*, root of *eraṇḍa*, root of *balā*, rock salt, *yavakṣāra*, *svarjikṣāra*, black cumin seeds and *ghṛitam*.

Process of Drug-Making: Take *mūrcchita* cow *ghṛitam* measuring 750 gm. Get *bhadrotkaṭ's mūla*, leaves and branches measuring 4670 gm. Prepare decoction *bhadrotkaṭ's* parts in water measuring 12.50 leter. Keep decocting the same until the original quantity is reduced to one fourth. Obtain 12 gm. each of *tṛikaṭu*, *pippalīmūla*, bark of *citraka*, white cumin seeds, *laghu pañcamūla*, *rāsnā*, root of *eraṇḍa*, root of *balā*, rock salt, *yavakṣāra*, *svarjikṣāra* and black cumin seeds. Prepare *kalka* of these materials. Obtain this *kalka* and combine with above mentioned decoction and *ghṛitam*. Methodologically cook medicinal *ghṛitam* out of it. The *ghṛitam* thus obtained is known as *Bhadrotkaṭādya Ghṛitam*.

Dosage: 6-12 gm. along with cow milk.

Therapeutic benefits: It is effective in checking puerperal indispositions, *sangrahaṇī*, *pāṇḍu*, various types of *arśa* and related disorders. It also helps in promoting digestive power and specially promotes milk content in women.

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धातक्यादितैलम्–

धातकीधवधन्याकधात्रीधुस्तूरधूपनैः । नीलीनीपनतैर्निम्बनिम्बूनीरदनागरैः ।।१२१।।
पथ्यापद्मपृथापुत्रैः पत्रपत्रोर्णपूतिकैः । फणिज्झकफलेन्द्राभ्यां फञ्जिकाफेनफेनिहैः ।।१२२।।
कल्कैःकोलकपित्थाभ्यांकृष्णाकन्याकसेरुभिः। पिष्टैःपचेत्पयस्विन्या पयसा पाकपण्डितः ।।१२३।।
तैलं तिलभवं तिष्ये तिष्यातोयेन तन्मनाः । पूजयित्वा परानन्दां प्रयतः परमेश्वरीम् ।।१२४।।
सुरसूनूदितमिदं सूतिकामयसूदनम् । सेवेत सततं सूता सुखदं सुखसेविनी ।।१२५।।

121-125. Dhatakyādi Tailam:

Ingredients: *Mūrcchita tila* (sesame) oil, juices of *āmalakī* (*tiśya*) and goat milk, flowers of *dhātakī* (*dhātakī*), bark of *dhāva*, coriander, *āmalakī*, leaves or roots of *dhūstūra*, *sarja rasa*, *nilimūla*, bark of *kadambha*, *tagar*, bark of *neem*, root of lemon, *mustā*, dried ginger, *haraḍa*, *kamala*, bark of *arjuna*, cassia leaves, bark of *arālu*, *karañja* seeds, *tulasī*, bark of *jambū*, *bhārgī*, *phenaka*, *ṛitha*, fruit or bark of *kola* plant, fruit pulp of *kapittha*, *pippalī*, *ghṛitakumārī* and *kaseru*

Process of Drug-Making: Take 1500 ml. of *mūrcchita tila* (sesame) oil, 6 litre each of juices of *āmalakī* (*tiśya*) and goat milk. Also, take the following materials for preparing *kalka*-flowers of *dhātakī* (*dhātakī*), bark of *dhāva*, coriander, *āmalakī*, leaves or roots of *dhūstūra*, *sarja rasa*, *nilimūla*, bark of *kadambha*, *tagar*, bark of *neem*, root of lemon, *mustā*, dried ginger, *haraḍa*, *kamala*, bark of *arjuna*, cassia leaves, bark of *arālu*, *karañja* seeds, *tulasī*, bark of *jambū*, *bhārgī*, *phenaka*, *ṛitha*, fruit or bark of *kola* plant, fruit pulp of *kapittha*, *pippalī*, *ghṛitakumārī* and *kaseru*(12 gm. each). Obtain this mix along with water measuring 6 litre. A learned physician should first of all worship *Parmanandsvarūpa Bhagavaṭī* under the constellation of *Puṣya* and then methodologically cook the preparation to obtain medicinal oil. Filter the obtained oil and store it in glass jars. This *Dhatakyādi Taila* has been prepared by Sursunu.

Method of use/Administration: It should be used regularly for massaging.

Therapeutic benefits: Regularly massaging a puerperal lady would make her free from all puerperal indispositions and she becomes thin.

सूतिकादशमूलतैलम्–

शालपर्णी पृश्निपर्णी बृहतीद्वयगोक्षुरम् । दासी प्रसारणी विश्वगुडूचीमुस्तकं तथा ।।१२६।।
एतानि समभागानि प्रस्थं च कटुतैलकम् । चतुर्गुणं पयो दत्त्वा शनैर्मृद्वग्निना पचेत् ।।१२७।।
निहन्ति सूतिकारोगं ज्वरदाहसमन्वितम् ।।१२८।।

126-128. Sutikādaśamūla Tailam:

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Ingredients: *Mūrcchita kaṭu tail*, *śālaparṇī*, *pṛiśniparṇī*, lesser *vyāghrī*, bigger *vyāghrī*, *gokṣura*, *jhinṭi*, *gandhaprasāraṇī*, dried ginger, *guḍūcī*, *mustā* and water.

Process of Drug-Making: Take 750 ml. measure of *mūrcchita kaṭu tail*. Obtain the following materials for preparing *kalka* : 20 gm. each of *śālaparṇī*, *pṛiśniparṇī*, lesser *vyāghrī*, bigger *vyāghrī*, *gokṣura*, *jhinṭi*, *gandhaprasāraṇī*, dried ginger, *guḍūcī* and *mustā*. Combine oil and *kalka* and methodologically cook them to obtain medicinal oil.

Therapeutic benefits: Consumption of this oil gives relief from fever and puerperal indispositions accompanied with burning sensation.

जीरकाद्यरिष्टः–

जीरकस्य तुलाद्वन्द्वं चतुर्द्रोणजले पचेत् । द्रोणशेषे क्षिपेतत्र तुलात्रयमितं गुडम् ।।१२९।।
धातकीं षोडशपलां शुण्ठीञ्च द्विपलोन्मिताम् । जातीफलं मुस्तकञ्च चातुर्जातं यमानिकाम् ।।१३०।।
कक्कोलं देवपुष्पञ्च पलमानेन निक्षिपेत् । मासं संस्थाप्य भाण्डे च मृत्तिकापरिनिर्मिते ।।१३१।।
ततः कल्कान् विनिर्हृत्य पाययेत् कर्षमात्रया । अरिष्टो जीरकाद्योऽयं निहन्यात् सूतिकामयान् ।।
ग्रहणीमतिसारञ्च तथा वह्नेश्च वैकृतम् ।।१३२।।

129-132.Jirakādyariṣṭa:

Ingredients: White cumin seeds, water, *guḍa* (raw sugar), *dhātakī* flower's powder, dried ginger, *jātīphala*, *mustā*, cinnamon, smaller cardamom, cassia leaves, *nāgakeśara*, caraway seeds, *kakkola* and clove.

Process of Drug-Making: Prepare decoction of white cumin seeds measuring 9340 gm. in 50 litre measure of water. Decoct the same till its original quantity is reduced one fourth (i.e. 12.50 litre). Filter the same and add to it, 14 kg. of *guḍa* (raw sugar), 750 gm. of *dhātakī* flower's powder, 93 gm. of dried ginger, and 46 gm. each of *jātīphala*, *mustā*, cinnamon, smaller cardamom, cassia leaves, *nāgakeśara*, caraway seeds, *kakkola* and clove (all in powdered form). Collect all these materials in an earthen pitcher coated with *ghṛitam* and treated with smoke. Tightly close the mouth of the pitcher and bury it under soil. Leave the same for one month. After month, take out the pitcher and sieve the compound. Store the compound in glass bottle.

Method of use/Administration: This *Jirkādyariś* is to be taken in doses of 12-25 ml. along with same quantity of water. This should be taken after eating meals at both times.

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Therapeutic benefits: Consumption of this drug helps in alleviating puerperal indispositions, *sangrahaṇī*, *atisāra* and *agnimāndya*.

सूतिकारोगे पथ्यापथ्यानि–

लङ्घनानि मृदुस्वेदो गर्भकोष्ठविशोधनम् । अभ्यञ्जनं तैलपानं कटुतीक्ष्णोष्णसेवनम् ।।१३३।।
दीपनं पाचनं मद्यं पुराणाः शालिषष्टिकाः । कुलत्थो लशुनं शिग्रु वार्त्ताकुं बालमूलकम् ।।१३४।।
पटोलं मातुलुङ्गं च ताम्बूलं दाडिमद्वयम् । यानि श्लेष्मानिलघ्नानि विधातव्यानि तानि च ।।१३५।।
सप्ताहाद् बृंहणं किञ्चिद् द्वादशाहात्तथामिषम् । सार्द्धमासे व्यतिक्रान्ते
त्याज्याऽऽहारादियन्त्रणा ।।१३६।।

133-136. The following measures and products are considered to be favourable for a person suffering puerperal indispositions: *langhaṇa* (fasting), *mṛidusveda*, cleaing of *garbha koṣṭha*, massaging, intake of oil (*taila pan*), eating *kaṭu*, *tīkṣana* and warm edibles, pro digestive eatables, liquor, old *śāli* and *ṣaṣṭhi* varieties of rice, *kulattha*, garlic, fruits of *śobhāñjana*, brinjal, young radish, *paṭola*, *jambīra* lemon, *tāmbūla*, sweet and sour pomegranate, anti *kapha* and anti *vāta* foods. Eating *bṛinhad* products after seven days and eating meat after 12 days is also considered to be a good measure in such cases. Also, after one and a half month time period, such person should discard eating and other acts (*āhār and vihār*).

सूतिकारोगे पथ्यापथ्यान्तराणि–

सूतिकाख्येषु रोगेषु वातश्लेष्मोचितानि च । तत्तद्रोगानुकूल्येन पथ्यापथ्यानि निर्दिशेत् ।।१३७।।

137. In cases of puerperal indispositions, if disorders have been generated due to *kapha* and *vāta doṣas*, the diet and measures should lead to the correction of their vitiation.

इति भैषज्यरत्नावल्यां सूतिकारोगचिकित्साप्रकरणम् ।।६९।।
इति भैषज्यरत्नावल्यां 'विद्योतिनी' नामिकायां भाषाटीकायां सूतिकारोगचिकित्साप्रकरणम् ।।६९।।

End of the Chapter 69 of Bhaiṣajya Ratnāvalī with Commentary

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अथ स्तनरोगचिकित्साप्रकरणम् ७०

Chapter 70
Stana Roga (Lacteal Disorders)

Intake of eatables which are heavy to digest by mother causes defect in the breast milk which lead to the various disorders of the baby. This condition is known as *Stana Roga*.

तत्रादौ स्तन्यवर्द्धनोपायाः-

वनकार्पासिकेक्षूणां मूलं सौवीरकेण वा । विदारीकन्दं सुरया पिबेद्वा स्तन्यवर्द्धनम् ।।१।।

1. Take roots of wild cotton plants and sugarcane and compound it with *kānji*. Dissolve the preparation and add to it 3 gm. measure of *vidārīkanda* powder.

दुग्धेन शालितण्डुलचूर्णपानं विवर्द्धयेत् । स्तन्यं सप्ताहतः क्षीरसेविन्यास्तु न संशयः ।।२।।

2. If a mother is taking cooked rice and milk regularly and taking milk treated with powder of *śāli* variety of rice grains, she increases her breast milk.

हरिद्रादिं वचादिं वा पिबेत् स्तन्यस्य वृद्धये ।।३।।

3. Taking the decoction of the herbs of *haridrādi* group or *vacādi* group also increases the amount of breast milk. (The *haridrādi* group includes, *haridrā*, *dāru haridrā*, *pṛiṣṭiparṇī*, *indrayava* and *madhuyaṣṭī* herbs. The *vacādi* group pertains to collection of *vacā*, *mustā*, *ativiṣā*, *devadāru*, *śunṭhī*, *śatāvarī* and *anantamūla* herbs)

धात्रीस्तन्यवर्द्धनप्रयोगः

धात्रीस्तन्यविवृद्ध्यर्थं मुद्गयूषरसाशिनी । भार्गीदारुवचापाठाः पिबेत्सातिविषाः शृताः ।।४।।

4. The lactating lady should take decoction of *bhārgī*, *dāru haridrā*, *vacā*, *pāṭhā* and *ativiṣā* (all taken in equal quantity and raised upto 23 gm. in total) or pulse soup of *mudga* beans and meat soup. The decoction of the herbs should be prepared by taking 24 gm. measure of herbs in combination of 400 ml. measure of water. The preparation should decoct so long as the quantity is reduced to one fourth.

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वातादिदुष्टस्तन्यचिकित्सा–

तत्र वातात्मके स्तन्ये दशमूलीजलं पिबेत् ।।५।।

5. The breast milk that is disturbed by vitiated *vāta* is also restored by taking decoction of the *daśamūla* herbs.

पित्तदुष्टेऽमृता भीरु पटोलं निम्बचन्दनम् । धात्री कुमारश्च पिबेत्क्वाथयित्वा सशारिवम् ।।६।।

6. The breast milk that is disturbed by vitiated *pitta* is also restored by taking decoction of *śatāvarī*, *guḍūcī*, *paṭola patra*, *nimba* bark, *rakta candana* and *anantamūla*. 84 gm. measure of the decoction should be taken by the lactating lady and 12 gm. dose of this decoction should be taken by the child.

कफे वा त्रिफलां मुस्तं भूनिम्बं कटुरोहिणीम् ।।७।।

7. The breast milk that is disturbed by vitiated *kapha* is also restored by taking decoction of *triphalā* herbs, *mustā*, *kirātatikta* and *kaṭukī*.

कुक्कुरमेञ्चुकमूलं चर्बितमास्येन धारितं जयति । सप्ताहात् स्तनकीलं स्तन्यं चैकान्ततः कुरुते ।।८।।

8. Chewing root of *kukkumencuk* (*nāgabalā*) continuously for a week would check breast problems. It also promotes the quantity of breast milk.

शोथं स्तनोत्थितमवेक्ष्य भिषग् विदध्याद्यद्विद्रधावभिहितं बहुधा विधानम् ।
आमे विदह्यति तथैव गते च पाकंतस्याः स्तनौ सततमेव हि निर्दुहीत ।।९।।

9. Physicians should treat *śotha* in the breast areas seriously and should apply the methods used for treating *vidradhi*. Also, in cases of *āma*, *pacyaman* and *pakk*, the physician should use breast pump to remove milk.

विशालामूललेपस्तु हन्ति पीडां स्तनोत्थिताम् । निशाकनकमूलाभ्यां लेपश्चापि स्तनार्त्तिहा ।।१०।।

10. Compound roots of *indravāruṇī*, *haridrā* and *dhūstūra* to prepare a paste. Apply this paste on breasts to get relief from pain caused due to *śotha*.

मूषिकवसयाशौकरमाहिषगजमांसचूर्णसंयुतया । अभ्यङ्गमर्दनाभ्यां सुकठिनपीनस्तनौ भवतः ।।११।।

11. Take meat of any one of the animals-pig, buffalo or elephant-and compound it with fat of rat (*mūṣā*). Application of this *kalka* and massage on breasts would make them firm and big.

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महिषीभवनवनीतं व्याधिबलोग्रातथैव नागबला । पिष्टा मर्दनयोगात् पीनं कठिनं स्तनं कुरुते ।।१२।।

12. Take *kuṣṭha*, root of *balā*, *vacā* and *nāgabalā* and powder them. Mix this powder in buffalo's butter and apply on breasts and gently massage. This would make the breasts firm and bigger.

प्रथमर्त्तौ तण्डुलाम्भो नस्यं कुर्यात् स्तनौ स्थिरौ ।।१३।।

13. Taking snuff of rice-washing (*taṇḍulodaka*) in one's first period would make their breast in firm condition.

गोमहिषीघृतसहितंतैलंश्यामाकृताञ्जलिवचाभिः । त्रिकटुनिशाभिःसिद्धंनस्यंस्तनवर्द्धनं परमम् ।।१४।।

14. Take cow or buffalo's *ghṛitam* (*mūrcchita*) and sesame oil (*mūrcchita*) measuring 115 gm. each. Prepare *kalka* out of *priyangu*, *kṛitanjali* (*sūryāvarta* or *lajwanti*), *vacā*, *tṛikaṭu* and *haridrā*(12 gm. each). Combine all these materials in water (1850 ml.) and cook methodologically. Taking snuff of this drug would help in the growth of breasts.

काशीशाद्यं तैलम्–

काशीशतुरगगन्धाशावरगजपिप्पलीविपक्वेन । तैलेन यान्तिवृद्धिं स्तनकर्णवराङ्गलिङ्गानि ।।१५।।

15. Kaśīśādya Tailam:

Ingredients: *Kāśiś*, *aśvagandhā*, *lodhra*, *gajapippalī*, sesame oil (*mūrcchita*) and water.

Process of Drug-Making: Prepare *kalka* of *kāśiś*, *aśvagandhā*, *lodhra* and *gajapippalī*(15 gm. each). Take this *kalka* along with 250 ml. of sesame oil (*mūrcchita*) and water (1 litre). Combine all these materials and cook medicinal oil.

Method of use/Administration: External application.

Therapeutic benefits: Its application on breast, *karṇapali*, *yoni* and sexual body parts would make them grow.

श्रीपर्णीतैलम्–

श्रीपर्णीरसकल्काभ्यां तैलं सिद्धं तिलोद्भवम् । तत्तैलं तूलकेनैव स्तनस्योपरि धारयरेत् ।।
पतितावुत्थितौ स्त्रीणां भवेयातां पयोधरौ ।।१६।।

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16. Śriparṇī Tailam:

Ingredients: Decoction and *kalka* of *gambhārī's* bark and *mūrcchita* sesame oil.

Process of Drug-Making: Collect decoction of *gambhārī's* bark measuring 1 litre and 60 gm. measure of its *kalka* along with *mūrcchita* sesame oil measuring 250 ml. Cook this preparation methodologically and obtain medicinal oil.

Method of use/Administration: Dip cotton into this oil and apply on breast through a gentle massage.

Therapeutic benefits: In few days of its application, the effect of this oil makes the breast lively and big.

इति भैषज्यरत्नावल्यां स्तनरोगचिकित्साप्रकरणम् ।।७०।।

इति भैषज्यरत्नावल्यां 'विद्योतिनी' नामिकायां भाषाटीकायांस्तनरोगचिकित्साप्रकरणम् ।।७०।।

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अथ बालरोगचिकित्साप्रकरणम् ७१

Chapter 71

Treatment of *Bālaroga* (Diseases of Children and the Infants)

त्रिविधः कथितो बालः क्षीरान्नोभयवर्त्तकः । स्वास्थ्यं ताभ्यामदुष्टाभ्यां दुष्टाभ्यां रोगसंभवः ।।१।।

1. There are three kinds of infants- 1. those who are totally dependent on mother's milk 2. those who are dependent on both mother's milk and food and 3. those who are dependent on food only. If there is any contamination in either milk or food, the same would harm the health of the infant.

क्षीरपस्यौषधं धात्र्याः क्षीरान्नादस्य चोभयोः । अन्नेन वा शिशौ देयं भेषजं भिषजा सदा ।।२।।

2. If a milk drinking infant has become patient, in that case the lady who offers milk to him should take medicines. If the infant takes both milk and food, in that case, it would be better if both infant and mother takes medicines. If the infant only eats food, in that case, only he should be given medicines.

मात्रया लङ्घयेद्धात्रीं शिशोर्नेष्टं विशोषणम् । सर्वं निवार्यते बाले स्तन्यं तु न निवार्यते ।।३।।

3. If required, the mother of a milk drinking infant should be asked to do *langhaṇa* (fasting). Whereas, fasting by an infant would not be appropriate. Because one can prevent anything from an infant, except for milk.

बालरोगेषु पूर्वोद्दिष्टभेजोपदेशः–

भेषजं पूर्वमुद्दिष्टं नराणां यज्जवरादिषु । कार्यं तदेव बालानां मात्रा चात्र कनीयसी ।।४।।

4. In cases of fever, children should also be given all those specific medicines, which have been prescribed for adults. However, the dosage should be in reduced quantity.

प्रथमे मासि जातस्य शिशोर्भेषजरक्तिका । अवलेह्या तु कर्त्तव्या मधुक्षीरसिताघृतैः ।।५।।
एकैकां बर्द्धयेत्तावद् यावत्संवत्सरो भवेत् । तदूर्ध्वं माषवृद्धिः स्याद् यावदाषोडशाब्दिकः ।।६।।

5-6. During the first month of a child, the dosage of a medicine is considered to be 125 mg. and only after diagnosing the *doṣa*, it should be licked accordingly with honey, mother's milk, raw sugar or *ghṛitam*. Gradually, increase the dosage

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by 125 mg. with each month. In this way, the dosage should reach to 1500 mg. in the 12 month. After 12 months, every year the dosage should be increased by 1 gm. until the child attains sixteen years of age. In this fashion, the dosage for a sixteen year child would be of 16 gm.

Note: The gradual increase suggested above can be applied in medications of decoction and powders. It is not applicable to the cases of drugs, containing mercury and the like. Therefore, the dose of above medicine should be 8 mg. for the child below one year, 18 mg. for children around two years, 42 mg. dose for children seven years in age and 62 mg. for children of 12 years age. The dose should be 125 mg. in cases of teenager about 16 years old. Likewise, if a child of one year, is prescribed a medicine in doses of 125 mg., it should mean that for the one below three months in age would take the doses of 42 mg. only, for a child below six months it would be 62 mg., for a child between six and nine months it would be 42 mg. and for a child between nine months and 12 months, the dose should be 125 mg.

स्तन्यग्रहविमुखबालचिकित्सा–

यो बालोऽचिरजातः स्तन्यं न गृह्णाति तस्य सहसैव । धात्रीमधुघृतपथ्याकल्केनाघर्षयेज्जिह्वाम् ।।७।।

7. If a newly born child is not liking to take milk from his mother's breast, then his tongue should be coated with a powder obtained from equal parts of *āmalakī* and *haraḍa*. This powder should be triturated in honey and *ghṛitam* and the coating should be done by use of fingers slowly rubbing the compound over the tongue.

कुष्ठं वचाभयाब्राह्मीकनकक्षौद्रसर्पिषा । वर्णायुःकान्तिजमननं लेहं बालस्य दापयेत् ।।८।।

8. Take 10 gm. measure powders each of *kuṣṭha*, *vacā*, *abhayā* and *brāhmī* and *svarṇa bhasma* measuring 125 mg. Combine all of them together and make the child below one year lick 125 mg. dose of the preparation along with honey and *ghṛitam*. It develops complexion, longevity and beauty of the child.

स्तनयाभावे पयश्छागं गव्यं वा तद्गुणं पिबेत् । ह्रस्वेन पञ्चमूलेन स्थिरया वा सितायुतम् ।।९।।

9. If the milk of mother is not available to a child for any reason, he should be served with goat's milk or cow's milk mixed with water of equal measure. Optionally, the child would be served with milk mixed with decoction of *pañcamūla* herbs or decoction of *śālaparṇī* treated with raw sugar.

तर्क्वधोगुडिकां तप्तां निर्वाप्य कटुतैलके । तत्तैलं पानतो हन्ति बालानामुल्वमुल्वणम् ।।१०।।

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10. Obtain the metallic bottom of a hand weaving machine (*tarku*, it was used to weave cotton lumps into strings during olden days) and heat it up. Warm up mustard oil with this hot item. Serve this oil in small doses of 1-2 gm. to the child who has a congested throat having deposition of *kāsa* (coughs) in it.

मृत्तिपण्डेनाग्नितप्तेन क्षीरसिक्तेन सोष्मणा । स्वेदयेदुत्थितां नाभिं शोथस्तेनोपशाम्यति ।।११।।

11. Take a burnt lump of soil and heat it on fire. Dip it in milk and perform *svedana* therapy with it on the *belly* region. This would give relief from *nābhi śotha*.

नाभिपाकचिकित्सा–

नाभिपाके निशालोध्रप्रियङ्गुमधुकैः शृतम् । तैलमभ्यञ्जने शस्तमेभिर्वाऽप्यवचूर्णनम् ।।१२।।

12. Treatment of *Nābhipaka*: Prepare a *kalka* out of *haridrā*, *lodhra*, *priyangu* and *madhuyaṣṭī* (15 gm. each). Take this *kalka* along with water measuring 1 litre. Cook this preparation methodologically along with sesame oil (250 ml.) to obtain medicinal oil. When the belly of a child is fully ripened, apply this oil on the belly and gently massage. Similarly, one can sprinkle the above mentioned *kalka* on the belly. Both these measures are considered to be beneficial.

आहिण्डिकाचिकित्सा (च. द.)–

सोमग्रहणे विधिवत्केकिशिखामूलमुद्धृतंबद्धम्।जघनेऽथकन्धरायांक्षपयत्याहिण्डिकांनियतम् ।।१३।।

13. Treatment of *Ahindika*: During the period of lunar eclipse, methodologically (first evoking the plant and chanting spell) pluck out the roots *mayūrśikhā* and store the same in a holy and secured place in the house. Tie the roots of this *mayūrśikhā* with a *lacca* around children's thigh and *grīvā* region. This would help in providing relief from *ahindika* (*bala śoṣa*) and *ahitundika* disorders.

(Cakradatt)

सप्तदलपुष्पमरिचं पिष्टं गोरोचनासहितम् । पीतं तद्वत्तण्डुलभक्तकृतो दग्धपिष्टकप्राशः ।।१४।।

14. Obtain flowers of *saptaparṇa* tree, black pepper and *gorocana* in small quantity. Ground these ingredients with water and filter the liquid. This liquid is to be served to children. Correspondingly, wrap cooked rice in green leaves of banana and apply a coat of mud over it. Burn it in the fire of *bhobhal*. Subsequently, pulverize this compound along with and serve the liquid to children

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for drinking. Both the above mentioned measures are very much helpful in alleviating *ahitundika* disorder.

जम्बूकनासा वायसजिह्वानाभिर्वराहसम्भूता । कांस्यंरसोऽथगरलं प्रावृड्भेकस्यवामजङ्घास्थि ।।१५।।
इत्येकशोऽथ मिलितं विधृतं ग्रीवादिकटिदेशे । आहिण्डिकाप्रशमनमभ्यङ्गो नातिपथ्यविधिः ।।१६।।

15-16. Take nose of *śṛīgal*, tongue of crow, belly of *śukar*, *kānsya dhātu*, para, *garal* (snake venom or *vatsanābha*) and left thigh's bone of a rainy season frog (one each or as much as available). Combine all these materials, tie the bunch around *grīvā* and waist. Before tying, apply oil on that part. There is no need to maintain a strict diet or any other prohibitions.

अनामकचिकित्सा (च. द.)–

अनामके घुर्घुरिकाबुक्कामरिचरोचनाः । नवनीतञ्च सम्मिश्रय खादेत्तत्कोपनाशनम् ।।१७।।

17. Treatment of *Anāmaka*: In cases of *anāmaka roga*, ground the front part (*bukkā*) of the insect named *ghurghurikā*along with black pepper and *gorocana*. Mix the *kalka* with butter and serve it to children for licking. This would provide a graet relief.

(Cakradatt)

तैलाक्तशिरसस्तालुनि सप्तदलार्कस्नुहीक्षीरम् । दत्त्वा रजनीचूर्णे दत्ते न स्यादनामाख्यम् ।।१८।।

18. First, do gentle massage of the children's head by applying sesame oil. Subsequently, apply latex of *saptarpaṇa*, *arka* and *snuhī* on the soles, followed by sprinkling of *haridrā* powder. This measure would prevent children from the *anamaka* disease.

लेहयेच्च शुना बालं नवनीतेन लेपितम् । स्फुटकीपत्रजरसेनोद्वर्त्तनञ्च तद्धितम् ।।१९।।

19. Apply a coating of butter on the head of a child and make a dog to lick the same. Subsequently, ointment the juice obtained from the leaves of *jyotiṣmatī* (*pralakanguni*). This would prevent the *anamaka* disease.

तैलस्य भागमेकं मूत्रस्य द्वौ द्वौ च शिम्बिदलरसस्य । गव्यं पयश्चतुर्गुणमेवं दत्त्वा पचेतैलम् ।।
तेनाभ्यङ्गः सततं रोगमनामाख्यमपहरति ।।२०।।

20. Obtain the following: sesame oil (1 part), cow urine and juice of *śimbi* leaves (two parts each) and cow milk (four parts). Methodologically cook all these

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ingredients together to obtain medicinal oil. Regularly apply this oil on the child's head. This measure would help in alleviating the *anamaka* disease.

आर्कं तूलकमाविकरोमाण्यादाय केशराजस्य । स्वरसेनाक्ते वस्त्रे कृत्वा वर्त्तिञ्च तैलाक्ताम् ।।२१।।
तज्जातकज्जलाञ्जितलोचनयुगलोऽप्यलङ्कृतोबालः। कष्टमनामकरोगंक्षपयतिभूतादिकञ्चापि ।।२२।।

21-22. Make clothes wet in the juice of *keśarāja*nd spread cotton of *arka's* fruit along with sheep hair. By doing so, prepare a *varttī* out of them. Dip this *varttī* in oil. Burn one corner of this *varttī* and collect smoke of this flame in a bowl or in an earthen plate. Apply this collected smoke (*kajjalī*), as a kohl on the eyes of children. This measure would help in alleviating *kṛicchasadhya anamaka* disease as well as checks any obstructions caused by ghosts and spirits.

चालनिकातलसंस्थितबालं सम्प्लाव्य गव्यमूत्रेण । ओकोदशालिकायांरजकक्षारोदकस्नानम् ।।२३।।

23. The *anamaka* disease is also cured by washing the child with cow urine. For this purpose keep the jug of cow urine in right hand and pour it into a filter. The child should sit down below the filter that is to be hold by left hand. After bathing with cow urine, the child should be bathed by water treated with alkali.

दासक्रयणश्रावणवराटिकारसेन्द्रपूरिताधृताकण्ठे। नलिनीदलेचशयनंदृष्टमनामकाख्यरोगहरम् ।।२४।।

24. Take a cowry (*kapardika*) that has been bought by your employee from a monk or bonafide sage or malafide sage. Fill that cowry (*kapardika*) with *pārada* and cover its mouth either with wax or with *lākṣā*. Knot this cowry with a piece of cloth around the neck of a child or make the child sleep on the soft leaves of lotus. This measure would help in curing the *anamaka* disease.

छुच्छुन्दरभवो मांसो हरिद्रा निम्बपत्रकम् । इन्द्रसुरीषपत्रञ्च धूपेनैतत्प्रयोजितम् ।।
निहन्ति रोदनं रात्रौ बालकस्य न संशयः ।।२५।।

25. Obtain meat of mole (*chucchundara*), powder of *haridrā* and leaves of *nimba*. Ground these materials together and form a *kalka*. Perform smoke (*dhūpan*) therapy with this *kalka* on children. This would help the children to stop crying during nights.

तिलतण्डुलनाडीचमूलाभ्यां लेपनाद् द्रुतम् । बालानां ब्राह्मणयष्टिरोगः शाम्यति साम्प्रतम् ।।२६।।

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26. Get sesame, *taṇḍula* and *nāḍīca śāka's* root. Ground these materials together and apply the *kalka* on the body of children. This would help in alleviating *brahmanayaṣṭi* (*vraṇa*).

बालज्वरचिकित्सा–

भद्रमुस्तोभयानिम्बपटोलमधुकैः कृतः । क्वाथः कोष्णशिशोरेष निःशेषज्वरनाशनः ।।२७।।

27. Treatment of *Balajvara*: Thickly ground *nāgarmotha*, *haraḍa*, bark of *neem*, *paṭola* leaves and *madhuyaṣṭī* (all taken in equal parts and raised to 10 gm. in total). Decoct this mix along with water measuring 16 times greater. Stop the decoction process when the original quantity is reduced to one fourth. This decoction is to be served in lukewarm condition to children. This would help in curing all types of fever.

शर्कराक्षौद्रसंयुक्ता तिक्ता लीढा ज्वरं जयेत् । लिम्पेन्मुहुर्मुहुर्बालं तत्कल्केन च बुद्धिमान् ।।२८।।

28. Licking raw sugar (1 gm.) and honey (2 gm.) along with *kaṭukī* (500 mg.) helps in alleviating fever. Or, a wise physician should apply repeated coatings of this *kalka* on the body of child. This would also help in alleviating fever of children.

पलंकषादयो धूपः–

पलंकषा वचा कुष्ठं गजचर्माविचर्म च । निम्बस्य पत्रं माक्षीकं सर्पिर्युक्तं तु धूपनम् ।।२९।।
ज्वरवेगं निहन्त्याशु बालानां तु विशेषतः ।।३०।।

29-30. Pālañkāṣada Dhūpa:

Ingredients: *Guggulu*, *vacā*, *kuṭaja*, bark of elephant, bark of sheep, *neem* leaves, honey and *ghṛitam*.

Process of Drug-Making: Combine all these ingredients.

Method of use/Administration: Perform smoke (*dhūpan*) therapy with this combination.

Therapeutic benefits: This would help in lower down the high temperature. Specifically, it alleviates fever of children.

मध्वरिष्टदलश्वेतसर्षपैर्योजितो ज्वरम् । बालानां शमयेद् धूपो मृतगोकुक्षिरोमजः ।।३१।।

31. Performing smoke therapy with honey, *neem* leaves and white mustard help in relieving fever or giving smoke treatment with the abdominal hair of a dead cow would effectively check the malevolent celestial agents and fever.

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सर्पत्वग्लशुनं मूर्वासर्षपारिष्टपल्लवाः । विडालविडजालोम मेषशृङ्गी वचा मधु ।।
धूपः शिशोर्ज्वरघ्नोऽयमशेषग्रहनाशनः ।।३२।।

32. Obtain slough of a snake, garlic, *mūrvāmūla*, mustard, *nimba* leaves, dung of cat, hair of a goat, horn of ram and powder of *vacā*. Combine all these materials along with honey and prepare a lump out of it. Performing smoke (*dhūpan*) therapy with this lump daily during morning and evening would help in checking children's fever and all vitiations related to malevolent celestial agents.

अथ ज्वरातीसारचिकित्सा ।

हरिद्रादिक्वाथः–

हरिद्राद्वययष्ट्याह्वसिंहीशक्रयवैः कृतः । शिशोर्ज्वरातिसारघ्नः कषायः स्तन्यदोषनुत् ।।३३।।

33. Haridrādi Kvātha:

Ingredients: *Haridrā*, *dāru haridrā*, *madhuyaṣṭī*, *pṛiṣṭhaparṇī* (or *aḍuṣā*) and *indrayava*.

Process of Drug-Making: Prepare decoction of *haridrā*, *dāru haridrā*, *madhuyaṣṭī*, *pṛiṣṭhaparṇī* (or *aḍuṣā*) and *indrayava* taken in equal quantities and raised to 10 gm. in total. Decoct this mix in water measuring 160 ml. till it is reduced to one fourth i.e. 40 ml.

Method of use/Administration: Serve this decoction in doses of 6-12 ml. to children.

Therapeutic benefits: This decoction checks fever, *atisāra* and *jvarātisāra*. If the same decoction is served fully to a mother or the one who does breastfeeding would have no breast problems.

रजन्यादिचूर्णम्–

रजनी सरलं दारु श्रेयसी बृहतीद्वयम् । पृश्निपर्णी शताह्वा च लीढं माक्षिकसर्पिषा ।।३४।।
ग्रहणीदीपनं हन्ति मारुतार्त्तिं सकामलाम् । ज्वरातीसारपाण्डुघ्नं बालानां सर्वरोगजित् ।।३५।।

34-35.Rajanyādi Cūrṇam:

Ingredients: *Haridrā*, *saralkāṣṭha*, *devadāru*, *gajapippalī*, lesser *vyāghrī*, bigger *vyāghrī*, *pṛiśniparṇī*, powder of aniseeds, honey and *ghṛitam*.

Process of Drug-Making: Take equal parts of *haridrā*, *saralkāṣṭha*, *devadāru*, *gajapippalī*, lesser *vyāghrī*, bigger *vyāghrī*, *pṛiśniparṇī* and powder of aniseeds. Mix them in equal parts of honey and *ghṛitam*.

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Method of use/Administration: Serve the same in doses of 500-750 mg. to children for licking.

Therapeutic benefits: This would help in promoting their *grahaṇī* (intestine and digestive power). It also checks pain of *vāta*, jaundice, fever, *atisāra*, *pāṇḍu* and the like.

कर्कटादिचूर्णम् (ज्वरातिसारादिषु)–

कर्कटातिविषा शुण्ठी धातकीबिल्वबालकम् । मुस्तं मज्जा च कोलस्य मधुना सह लेहयेत् ।।३६।।
हन्ति ज्वरमतीसारं दुर्वारं ग्रहणीगदम् । छर्दिं रक्तस्रुतिं कासं श्वासं पश्चाद्रुजं तथा ।।३७।।

36-37. Karkaṭādi Cūrṇam:

Ingredients: *Karkaṭaśṛīngī*, *ativiṣa*, dried ginger, flowers of *dhātakī*, pulp of unripe *bilva* fruit, *sugandhabālā*, *mustā*, pulp of *badarīphalā* and honey.

Process of Drug-Making: Obtain powders of *karkaṭaśṛīngī*, *ativiṣa*, dried ginger, flowers of *dhātakī*, pulp of unripe *bilva* fruit, *sugandhabālā*, *mustā* and pulp of *badarīphalā*. Mix these powders three to four times in honey measuring 125-500 mg.

Method of use/Administration: Serve the same in doses of 500-750 mg. to children for licking.

Therapeutic benefits: This helps in alleviating fever, *atisāra*, severe *sangrahaṇī*, *vamana*, *raktstrava*, *kāsa* (coughs), *śvāsa*, *paścadruja* and the like.

धातक्यादिचूर्णम् (ज्वरातिसारवान्त्योः)–

धातकीबिल्वधन्याकलोध्रेन्द्रयवबालकैः । लेहः क्षौद्रेण बालानां ज्वरातीसारवान्तिजित् ।।३८।।

38. Dhatakyādi Cūrṇam:

Ingredients: Flowers of *dhātakī*, pulp of unripe *bilva* fruit, coriander, *lodhra*, *indrayava*, *netrabālā* and honey.

Process of Drug-Making: Get powdered flowers of *dhātakī*, pulp of unripe *bilva* fruit, coriander, *lodhra*, *indrayava* and *netrabālā*.

Method of use/Administration: Make the child to lick the ingredients (half to 1 gm.) with honey.

Therapeutic benefits: This helps in checking diseases that effect children such as fever, *atisāra* and *vamana*.

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बालचातुर्भद्रिका (ज्वरातिसारादिषु)–

घनकृष्णारुणाशृङ्गीचूर्णं क्षौद्रेण संयुतम् । शिशोर्ज्वरातिसारघ्नं श्वासकासवमीहरम् ।।३९।।

39. Balacaturbhadṛika:

Ingredients: *Mustā*, *pippalī*, *ativiṣā* and *śṛīngī*.

Process of Drug-Making: Ground together *mustā*, *pippalī*, *ativiṣā* and *śṛīngī*.

Method of use/Administration: This medicinal powder named *Balacaturbhadṛika* should be taken in doses of half to 1 gm.

Therapeutic benefits: It eliminates fever, diarrhoea, *kāsa* (coughs), breathing troubles and vomitting among children.

अतीसारचिकित्सा (वमनस्यापि)–

पेटीपाठामूलाज्जम्ब्वाः सहकारवल्कतः कल्कः । इत्येकशश्च पिण्डो विधृतो हृन्नाभिताल्वादौ ।।
छर्द्यतिसारजवेगं प्रबलं धत्ते तदेव नियमेन ।।४०।।

40. If the child is vomitting excessively and suffering from diarrhoea one should coat his heart, naval region and sole through a *kalka* of plants *peṭī* (*kuberākṣī*) (roots), *pāṭhā* (roots), *jambū* (bark) and mango (bark).

पत्रैर्बदरचाङ्गेरीकाकमाचीकपित्थजैः । शिरोरुग्वम्यतीसारनाशनं मूर्द्धलेपनम् ।।४१।।

41. Compound the leaves of *badarī*, *cāngerī*, *kākamācī* and *kapittha* into a *kalka*. Ointmenting this *kalka* on head of the children controls their headache, vomitting tendency and diarrhoea.

आमातीसारचिकित्सा–

क्षीरादस्य शिशोरामं शुष्कं दृष्ट्वा तु दारुणम् । माषयूषं पिबेद्धात्री पिप्पलीचूर्णसंयुतम् ।।४२।।

42. Diarrhoea of cildren:

If a child depended on mother's milk is suffering from diarrhoea, his mother should take pulse soup of *māṣa* (*urada*) treated with powder of pepper.

स्तन्यपस्य कुमारस्य सर्वस्यामातिसारिणः । धात्रीं विलङ्घयेद्धीमान् देहदोषाद्यपेक्षया ।।४३।।
पञ्चकोलकसिद्धं वा पेयादिश्च प्रयोजयेत् ।।४४।।

43-44. A child dependent on mother milk is suffering from diarrhoea then in such case the mother should fast. The *langhaṇa* (fasting) should continue as per the strength of the mother and the degree of ailment. If she can't fast, she should drink *peya* decocted with *pippalī*, *pippalīmūla*, *cavya*, *citraka* and dried ginger.

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वचामुस्तभद्रदारुनागरातिविषागणः । हरिद्राद्वययष्ट्याह्वसिंहीशक्रयवैः कृतः ।।४५।।
इमौ वचाहरिद्रादिगणौ स्तन्यविशोधनौ । आमातिसारशमनौ कफमेदोविशोषणौ ।।४६।।

45-46. A lactating mother should take decoction of *vacā*, *mustā*, *devadāru*, dried ginger and *ativiṣā*, *haridrā*, *dāru haridrā*, *yaṣṭi*, *pṛiṣṭhaparṇī* or *aḍuṣā* and *indrayava*. Both of the decoctions purify her milk and consequently her child is cured of diarrhoea. These decoctions also control the *kapha* and fat of the child.

Note: If one could make the child drink a dose of 6 gm. to 12 gm. of the above decoctions it is better.

मुस्तकातिविषाशुण्ठीबालकेन्द्रयवैः कृतम् । क्वाथं शिशुः पिबेत्प्रातः सर्वातीसारनाशनम् ।।४७।।

47. Prepare a decoction of *mustaka*, *ativiṣā*, dried ginger, *netrabālā* and *indrayava* together measuring 96 gm.. 12 gm. of this decoction should be taken by the child while the rest is to be taken by his mother.

बिल्बञ्च पुष्पाणि च धातकीनांजलं सलोध्रं गजपिप्पली च ।
क्वाथवलेहौ मधुना विमिश्रौ बालेषु योज्यावतिसारितेषु ।।४८।।

48. Prepare decoction of the seed pulp of *bilva* fruit, *dhātakī* flowers, *netrabālā*, *lodhra* and *gajapippalī*. Optionally, raise a powder of the above herbs. Either of these medicines could be taken with honey. This cures diarrhoea.

आम्रातकाम्रजम्बूनां त्वचमादाय चूर्णयेत् । मधुना लेहयेद् बालमतीसारविनाशनम् ।।४९।।

49. Combine the powders of *amrataka*, mango and *jambū* (bark). A child should lick this preparation in doses of 500-1000 mg. along with honey.

सितजीरसर्जचूर्णं बिल्वदलोत्थाम्बुमिश्रितं पीतम् । हन्तायमरक्तशूलं गुडसहितः श्वेतसर्जो वा ।।५०।।

50. Take powder of white cumin seeds measuring 500 mg., powder of *sarja* measuring 250 mg. and juice of *bilva* leaves measuring 6 gm. and compound them together. A child should drink this preparation. Optionally, he can take 250 mg. measure of *sarja* along with small quantity of *guḍa*. Either of the preparations should be taken twice or thrice a day. It cures *āmātisāra*, *raktātisāra* and *āmaśūla*.

समङ्गधातकीलोध्रशारिवाभिः शृतं जलम् । दुर्द्धरेऽपि शिशोर्देयमतीसारे समाक्षिकम् ।।५१।।

51. Take *samangā*, *dhātakī* flowers, *lodhra* and *anantamūla*. Take these in equal quantities and raise 25 gm. in total. Decoct this mix in water measuring 400

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ml. till it is reduced to one fourth i.e. 100 ml. A child should take this preparation in doses of 25 ml. along with 6 gm. measure of honey. It relieves him from even severe kinds of diarrhoea.

नागरातिविषामुस्तबालकेन्द्रयवैः शृतम् । कुमारं पाययेत्प्रातः सर्वातीसारनाशनम् ।।५२।।

52. Decoction of dried ginger, *ativiṣā*, *mustā*, *netrabālā* and *indrayava* is helpful to cure children from all kinds of diarrhoea.

बिल्वचूतकषायेण लाजांश्चैव सशर्करान् । आलोड्य पाययेद्बालं छर्द्यतीसारनाशनम् ।।५३।।

53. Take the decoction of the roots of *bilva* plant and treat it with *lājā* powder and jaggery. Take this medicine in doses of 50 ml. and treated with sugar (12 gm.) and powder of *lāja* (12 gm.). It cures children of diarrhoea.

Process of Decoction Making: Take equal parts of the above mentioned ingredients and raise 50 gm. of their coarsely powdered mix. Decoct it along with water measuring 800 ml. till it is reduced to one fourth.

कल्कः प्रियङ्गुकोलास्थिमध्यमुस्तरसाञ्जनैः । क्षौद्रलीढः कुमारस्य च्छर्दितृष्णातिसारनुत् ।।५४।।

54. A child should take powders of *priyangu*, seed pulp of *badarī* (*kola*) fruit, *mustā* and *rasāñjana* along with honey. It cures vomiting, excessive thirst and diarrhoea.

Dosage: 500 mg.

मोचरसःसमङ्गा च धातकी पद्मकेशरम् । पिष्टैरेतैर्यवागूः स्याद्रक्तातीसारनाशिनी ।।५५।।

55. Prepare a *yavāgū* based on the *kalka* of *mocarasa*, *samangā*, *dhātakī* flowers and *padmakeśara*. Children taking this preparation are cured of *raktātisāra*.

समङ्गा धातकी पद्मं वयस्था कच्छुरा तथा । पिष्टैरेतैर्यवागूः स्यादतीसारविनाशिनी ।।५६।।

56. *Yavāgū* of *samangā*, *dhātakī* flowers, *kamalakeśara*, *āmalakī* and *kraunca* also cures *atisāra* among children.

प्रवाहिकाचिकित्सा–

लेहस्तैलसिताक्षौद्रतिलयष्ट्याह्वकल्कितः । बालस्य रुन्ध्यान्नियतं रक्तस्रावं प्रवाहिकाम् ।।५७।।

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57. Indisposition of dysentery and bleeding among children can be cured by intake of sesame oil, jaggery and honey mixed with *kalka* of *yaṣṭi*.

लाजासयष्टीमधुकशर्कराक्षौद्रमेव च । तण्डुलोदकसंयुक्तं क्षिप्रं हन्ति प्रवाहिकाम् ।।५८।।

58. Take *lājā* of paddy and equal part of *yaṣṭi* powder. Equal measure of honey and jaggery should be added to the preparation. Taking this medicine with 25 ml. measure of rice-washing (*taṇḍulodaka*) cures children from indisposition of dysentery.

ग्रहणीचिकित्सा–

अङ्कोठमूलमथवा तण्डुलसलिलेन कुटजमूलं वा । पीतं हन्त्यतिसारं ग्रहणीरोगञ्च दुर्वारम् ।।५९।।

59. Dysentery and severe types of *sangrahaṇī* among children are cured by 500 mg. .measure of powder of the bark of *kuṭaja* or roots of plant *angkot*. It should be taken with 12 gm. measure of rice-washing (*taṇḍulodaka*).

मचिमहौषधकुटजं द्विगुणीकृतमुत्तरोत्तरं क्रमशः । गुडतक्रयुक्तमेतद् ग्रहणीरोगं निहन्त्याशु ।।६०।।

60. Take black pepper measuring 12 gm., dried ginger measuring 24 gm. and *kuṭaja* bark measuring 48 gm.. Powder them together and serve this medicine to mixed with jaggery and buttermilk to the child. It cures *sangrahaṇī* among children.

बिल्वशक्राम्बुमोचाब्दसिद्धमाजं पयः शिशोः । सामां सरक्तां ग्रहणीं पीतं हन्यात् त्रिरात्रतः ।।६१।।

61. Take seed pulp of unripe *bilva* fruit, *indrayava*, *netrabālā*, *mocarasa* and *mustā*. Prepare a *kalka* of them and cook the *kalka* in goat's milk. This medicine should be taken for three days. It cures *sangrahaṇī* of the children.

तद्वदजाक्षीरसमो जम्बूत्वक्संभवो रसः ।।६२।।

62. Obtain goat's milk and juice of *jambū* barks in equal parts. Either this preparation or decoction of the both should be taken by a child in small quantities. It relieves children of colic pain as well as *sangrahaṇī*.

यमानीपञ्चकम्–

यमानीजीरकं देवपुष्पं जातीफलं विडम् । भर्ज्जितं चूर्णमेतेषां समांशं वारिपाचितम् ।।६३।।
रक्तिद्वयमितं बाल्यं यूनि माषकसम्मितम् । यमानी पञ्चकं नाम वारिणा सह योजयेत् ।।
अग्निमान्द्यमतीसारं ग्रहणीं हन्ति दुस्तराम् ।।६४।।

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63-64. Yamānīpañcakam:

Ingredients: *Yamānī*, cumin seed, clove, *jātīphala*, *viḍa* salt and water.

Process of Drug-Making: Take *yamānī*, cumin seed, clove, *jātīphala* and *viḍa* salt. Powder them together and roast their combination on a frying pan. Add little water to the preparation and when it takes shape of confection, prepare pills measuring 125 mg. each.

Method of use/Administration: This medicine should be taken by young child in doses of 250 mg. and by older child in dose of 1 gm. along with water.

Therapeutic benefits: It cures loss of digestive powers, diarrhoea and *sangrahaṇī*.

छर्द्यादिचिकित्सा–

मिषिकृष्णाञ्जनं लाजा शृङ्गीमरिचमाक्षिकैः । लेहः शिशोर्विधातव्यश्छर्दिकासज्वरापहः ।।६५।।

65. Take powders of aniseeds, *pippalī*, *rasāñjana*, *lājā* of paddy, *śṛīngī* and black pepper. Make the child lick the combination of the above powders along with honey. It cures children of vomiting, *kāsa* (coughs) and fever.

पीतं पीतं वमेद्यस्तु स्तन्यं तन्मधुसर्पिषो । द्विवार्त्ताकीफलरसं पञ्चकोलञ्च लेहयेत् ।।६६।।

66. Take juice of the fruits of small and large varieties of *vyāghrī* plant or alternatively take powder of the *pañcakola* herbs. Either of the preparation should be served with honey and *ghṛitam*. This preparation should be given to a child who is vomitting after drinking milk.

आम्रास्थिलाजसिन्धूत्थैर्लेहः क्षौद्रेण छर्दिनुत् ।।६७।।

67. Take seed pulp of mango fruit, *lājā* and rock salt. Powder them together and serve to with honey. After licking this preparation a child stops vomiting.

पिप्पलीमरिचानां च चूर्णं समधुशर्करम् । रसेन मातुलुङ्गस्य हिक्काच्छर्दिनिवारणम् ।।६८।।

68. Get 62 mg. measure of *pippalī* and black pepper. 2 gm. measure of honey and jaggery along with 4 gm. measure of *jambīra* lemon juice. Dissolve all of them together and make a child drink the preparation. It stops hiccups and vomiting.

शृङ्गी समुस्तातिविषां विचूर्ण्य लेहं विदध्यान्मधुना शिशूनाम् ।

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कासज्वरच्छर्दिभिरर्दितानांसमाक्षिकां वाऽतिविषामथैकाम् ।।६९।।

69. Take powders of *śṛingī*, *mustā* and *ativiṣā*. This in combination, or only powder of *ativiṣā* should be licked by children along with honey. It cures *kāsa* (coughs), fever and vomiting.

हिक्काचिकित्सा–

पञ्चमूलीकषायेण सघृतेन पयः शृतम् । सशृङ्गबेरं सगुडं शीत हिक्कादितः पिबेत् ।।७०।।

70. Take decoction of *bṛihat pañcamūla* herbs measuring 96 gm., milk measuring 24 gm. and cow-*ghṛitam* measuring 12 gm.. Cook them together until the decoction content is evaporated. Obtain the preparation and treat it with powder of dried ginger measuring 125-250 mg. and jaggery to 1-2 gm. Make a child to take this medicine in small doses. It cures them of hiccups.

सुवर्णगैरिकस्यापि चूर्णानि मधुना सह । लीढ्वा सुखमवाप्नोति क्षिप्रं हिक्कार्दितः शिशुः ।।७१।।

71. Licking purified *svarṇa gairika* powder measuring 125 mg. along with honey immediately cures a child from hiccups.

चित्रकं शृङ्गवेरञ्च तथा दन्ती गवाक्ष्यपि । चूर्णं कृत्वा तु सर्वेषां सुखोष्णेनाम्बुना पिबेत् ।।७२।।
कासं श्वासमथो हिक्कां कुमाराणां प्रणाशयेत् ।।७३।।

72-73. Get *citraka* bark, dried ginger, root bark of plant *dantī*, roots of *indrayava* or its fruit and powder them together. This powder should be taken along with lukewarm water. Children taking this medicine are cured of *kāsa* (coughs), breathing troubles and hiccups.

कासश्वासचिकित्सा–

द्राक्षायासाभयाकृष्णाचूर्णं सक्षौद्रसर्पिषा । लीढं कासं निहन्त्याशु श्वासञ्च तमकं तथा ।।७४।।

74. Obtain *drākṣā*, *durālabhā*, *haraḍa* and *pippalī* and powder them together. Treat this powder along with honey and *ghṛitam*. A child licking this preparation is cured of *kāsa* (coughs), breathing troubles and the like.

पुष्करादिचूर्णम्–

पुष्करातिविषाशृङ्गीमागधीधन्वयासकैः । तच्चूर्णं मधुना शिशूनां पञ्चकासनुत् ।।७५।।

75. Puṣkarādi Cūrṇam:

Ingredients: *Puṣkaramūla*, *ativiṣā*, *śṛingī*, *pippalī*, *yavāsā* and honey.

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Process of Drug-Making: Take powders of *puṣkaramūla*, *ativiṣā*, *śṛīngī*, *pippalī*, *yavāsā* along with honey.

Method of use/Administration: Lick the same.

Therapeutic benefits: A child licking this preparation is cured of five kinds of *kāsa* (coughs).

दाडिमादिचूर्णं तृष्णायाम्–

दाडिमस्य च बीजानि जीरकं नागकेशरम् । चूर्णितं शर्कराक्षौद्रलीढं तृष्णानिवारणम् ।।७६।।

76. Dāḍimādi Cūrṇam:

Ingredients: *Dāḍima*, cumin seeds, *nāgakeśara*, jaggery and honey.

Process of Drug-Making: Take powders of *dāḍima*, cumin seeds and *nāgakeśara*.

Method of use/Administration: Make a child lick their combination along with 1 gm. measure of jaggery and one and a 500 mg. measure of honey.

Therapeutic benefits: It cures a child of morbid thirst.

मायूरपक्षभस्मव्युषितजलंतेनभावितंपेयम्।तृष्णाघ्नंवटकाष्ठजभस्मजलंवक्त्रशोषजिद्धृतंवक्त्रे ।।७७।।

77. Obtain 10 gm. measure of the *bhasma* of peacock feathers. Dissolve it water measuring 40 ml. Stir the solution properly and keep it undisturbed for overnight. Next day, strain it properly. Treat this water with ash of banyan woods (*vatakāṣṭha*). Sieve this solution for 21 times through a piece of cloth. Taking this preparation cures a child of morbid thirst and indisposition related to his mouth.

गुदपाकचिकित्सा–

गुदपाके तु बालानां पित्तघ्नीं कारयेत् क्रियाम् । रसाञ्जनं विशेषेण पानालेपनयोर्हितम् ।।७८।।

78. If a child is suffering through *gudāpāka* (inflammation in the anal region), he should be treated with anti-*pitta* herbs. Apart from that, he should take water treated with *kalka* of *rasāñjana*. This *kalka* should be applied over the ailing limb as well.

पश्चाद्रुजलक्षणम्–

दुष्टमन्नादिभिर्मातुः स्तन्यं सम्पिबतः शिशोः । यदा प्रकुपितं पित्तं गुदं समभिधावति ।।७९।।
तदा सञ्जायते तत्र जलौकोदरसन्निभः । व्रणः सदाहो व्यक्तोष्मा तदास्या स्याज्जवर परः ।।८०।।
हरितं पीतकं वाऽपि वर्च्चस्तेन भवेद् ध्रुवम् । व्रणः पश्चाद्रुजो नाम व्याधिः परमदारुणः ।।८१।।

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79-81. Symptoms of disease Paścadruja:

It happens to the child who is dependent on mother's milk. If a lactating mother takes stale, sour, citrus, bitter and heavy to digest eatables, the *pitta* content of her body as well as her child gets vitiated and deposited in the anal region of the children. It contaminates the ailing part and produces edema and wounds. It causes burning sensation, fevers and the like. A child would pass his stool having green and yellow colours. This is a difficult disease. It is called *Paścadruja*.

चन्दनादिलेपः–

चन्दनं शारिवे द्वे च शङ्खिनीति समायुतैः । पश्चाद्रुजे प्रलेपोऽयमवलेहस्तु शस्यते ।।८२।।

82. Compound together red variety of sandalwood, white and black varieties of *śārivā* and *śankhapuṣpī* and prepare a *kalka* out of them. Take 500 mg. measure of this preparation along with honey. A child should lick the medicine. Apart from this his anal region should also be coated with the same.

कणादिलेहो मूत्रग्रहे–

कणोषणसिताक्षौद्रसूक्ष्मैलासैन्धवैः कृतः । मूत्रग्रहे प्रयोक्तव्यः शिशूनां लेह उत्तमः ।।८३।।

83. Combine together powder of *pippalī*, black pepper, jaggery, honey, smaller cardamom and rock salt. A child licking this medicine is cured of urinary troubles.

आनाहशूलचिकित्सा–

घृतेन सिन्धुविश्वैलाहिङ्गुभार्गीरजो लिहन् । आनाहं वातिकं शूलं जयेत्तोयेन वा शिशुः ।।८४।।

84. Obtain powders of rock salt, dried ginger, smaller cardamom, asafoetida and *bhārgī*. Taking this powder in doses of 500 mg. Along with *ghṛitam* or with warm water cures constipation and gas among children.

तालुपातचिकित्सा–

हरीतकीवचाकुष्ठकल्कं माक्षिकसंयुतम् । पीत्वा कुमारः स्तन्येन मुच्यते तालुपातनात् ।।८५।।

85. The indisposition called *Talupata* among children is cured by taking powder of *harītakī*, *vacā* and *kuṣṭha* along with honey or mother's milk. In the disease of *talupata*, the floor of the palate sinks down causing difficulty in sucking of milk by the child. Other symptoms are vomiting, watery motions, thirst and pain in eyes, throat and mouth. Dosage: 500 mg.

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मुखपाकचिकित्सा–

मुखापाके तु बालानां साम्रसारमयोरजः । गैरिकं क्षौद्रसंयुक्तं भेषजं सरसाञ्जनम् ।।८६।।

86. The mouth of the children should be coated with a *kalka* formed by taking equal parts of *amrasar*, *lauha bhasma*, *svarṇa gairika* powder, *rasāñjana* powder along with honey. This measure cures them of ` (inflammation of the mouth).

Note: The *Amarasara* word should be understood as to mean the stone pulp of mango. Some physicians take this word as trees having leaves which look like mango. Yet some other physicians refer to decoction of mango barks for this term.

अश्वत्थत्वग्दलक्षौद्रैर्मुखपाके प्रलेपनम् । दार्वीयष्ट्यभयाजातीपत्रक्षौद्रैस्तथा परम् ।।८७।।

87. The *mukhapāka* is also cured by the *kalka* of barks or leaves of *aśvattha* tree or juice of leaves of *dāru haridrā*, *yaṣṭi*, *haraḍa* and *jātīpatra*.

सह जम्बीररसेन स्नुग्दलसंघर्षणं सद्यः । कृतमपहन्ति हि पाकं मुखजं बालस्य चाश्वेव ।।८८।।

88. *Mukhapāka* is also cured by rubbing the ailing portion with mixed juices of *snuhī* leaves and *jambīra* lemon.

लावतित्तिरिवल्लूररसः पुष्परसान्वितः । द्रुतं करोति बालानां दन्तकेशरवन्मुखम् ।।८९।।

89. Take the fried meats of the bird *lava* and *tittirī* (partridge) and powder them together. Treat this powder with honey. If the gums of children are rubbed with this *kalka* it helps them to get beautifully shaped tooth.

शारिवातिललोध्राणां कषायो मधुकस्य च । संस्राविणि मुखे शस्तो धावनार्थं शिशोः सदा ।।९०।।

90. Take decoction of *anantamūla*, sesame seeds, *lodhra* and *yaṣṭi*. A child should gargle with this decoction. It removes excessive discharge of saliva.

दन्तोद्भेदोत्थरोगेषु न बालमतियन्त्रयेत् । स्वयमेवोपशाम्यन्ति जातदन्तस्य ते गदाः ।।९१।।

91. At the teething stage, a child should not be restricted by regulated diets and use of herbs. Once the tooth comes out all the related complications like fever and diarrhoea are removed automatically.

पूतिकर्णचिकित्सा–

बिभीतकफलं कुष्ठं हरितालं मनःशिला । एभिस्तैलं विपक्तव्यं बालानां पूतिकर्णके ।।९२।।

92. *Treatment of pūtikarṇa (inflammation of ears):*

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Take sesame oil measuring 190 ml. and *kalka* of *vibhītaka*, *kuṣṭha*, *haritāla* and *manahśilā* measuring 12 gm. each and water measuring 750 ml. Cook all of them together and thus obtain the medicated oil. This oil should be applied to the ailing ears of the child.

नेत्ररोगचिकित्सा–

पिष्टैश्छागेन पयसा दार्वीमुस्तकगैरिकैः । बहिरालेपनं शस्तं शिशोर्नेत्रामयार्त्तिजित् ।।९३।।

93. Compound the herbs *dāru haridrā*, *mustā* and *svarṇa gairika* along with goat's milk into a *kalka*. Application of this *kalka* around the eyelids of children cures all kinds of eye diseases.

मनःशिला शङ्खनाभिः पिप्पल्योऽथ रसाञ्जनम् । वर्त्तिः क्षौद्रेण संयुक्ता बाले सर्वाक्षिरोगनुत् ।।९४।।

94. Application of an *añjana* made from powders of *manahśilā*, *śankha nābhi*, *pippalī* and *rasāñjana*. It is also useful to treat all kinds of eye diseases among children.

मातृस्तन्यकटुस्नेहकाञ्जिकैर्भावितो जयेत् । स्वेदाद्दीपशिखोत्तप्तो नेत्रामयमलक्तकः ।।९५।।

95. Take the *lākṣā rasa* and triturate it for seven consecutive times with mother's milk, mustard oil and *kānji*. Warm up this preparation on the flames of an earthen lamp using sesame oil. Fomenting the eyes of children with this preparation cures various kinds of eye diseases.

शुण्ठीभृङ्गनिशाकल्कः पुटपाकः ससैन्धवः । कुकूणकेऽक्षिरोगेषु तद्रसाश्च्योतनं हितम् ।।९६।।

96. Take dried ginger, *bhṛingarāja* and *haridrā* powders each measuring 2 gm. and rock salt measuring 625 mg. Cook them together as per *puṭapāka* method. Fomenting eyes with juice of this medicinal lump cures children from conjunctivitis and related indispositions.

क्रिमिघ्नालशिलादार्वीलाक्षाचन्दनगैरिकैः । चूर्णाञ्जनं कुकूणे स्याच्छिशूनां पोथकीषु च ।।९७।।

97. Application of *añjana* prepared by powders of *vāyaviḍanga*, *haritāla*, *manahśilā*, *dāruharidrā*, *lākṣā*, *candana* and *svarṇa gairika* is also helpful in checking conjunctivitis and *pothakī* (trachoma) among children.

सुदर्शनामूलचूर्णादञ्जनं स्यात्कुकूणके ।।९८।।

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98. Take fine powder of *sudharṣana* roots and apply it as *añjana* to the eyes of children. It checks the disease conjunctivitis.

सिध्मादिचिकित्सा–

गृहधूमनिशाकुष्ठराजिकेन्द्रयवैः शिशोः । लेपस्तक्रेण हन्त्याशु सिध्मपामाविचर्चिकाः ।।९९।।

99. Obtain the smoke deposit of kitchen along with powders of *haridrā*, *kuṣṭha*, *rājikā* and *indrayava*. Compound them together with buttermilk and coat the body of children with this preparation. It cures the skin diseases like *sidhma* (white spotted bark, a blotch), *pāma* (scabies) and *vicarcikā* (eczema).

लवङ्गचतुःसमम्–

जातीफलं त्रिदशपुष्पसमन्वितञ्च जीरञ्च टङ्गणयुतं चरकैः प्रयुक्तम् ।
चूर्णानि माक्षिकसितासहितानि लीढ्वा सामातिसारमखिलं गुरु हन्ति शूलम् ।।१००।।

100. Take powders of *jātīphala*, clove, white cumin seeds and purified borax (taken in equal parts and raised to 625 gm. in total) and make the children lick the mix with honey (2 gm.) and sugar (2 gm.). It cures diarrhoea and colic pain.

दाडिमचतुःसमम्–

एतद् द्रव्यचतुष्कञ्च दाडिमीफलमध्यगम् । पुटपक्वं पयःपिष्टं तद्दाडिमचतुःसमम् ।।१०१।।

101. Take equal parts of the powders of *jātīphala*, clove, white cumin seeds and purified borax. Put their combination inside a *dāḍima* fruit. Process the fruit through *puṭapāka* method. After that remove out the preparation and triturate it along with goat's milk, cow's milk or water. Dry them. This preparation is called *Dāḍima Catuhasam*. It should be taken in doses of 1 amg. along with honey. It cures diarrhoea and colic pain among children.

बालकुटजावलेहः–

मूलत्वचं वत्सकस्य पलमेकं सुकुट्टितम् । अष्ठभागं जलं दत्त्वा चतुर्भागावशेषितम् ।।१०२।।
अतिविषा च पाठा च जीरकं बिल्वमेव च । आम्रास्थिशतपुष्पा च धातकी मुस्तकं तथा ।।१०३।।
जातीफलं च सञ्चूर्ण्य निक्षिपेत्तत्र यत्नतः । बालानामामशूलघ्नो रक्तस्रावं सुदारुणम् ।।
अपि वैद्यशतैस्त्यक्तं जयेदेतन्न संशयः ।।१०४।।

102-104.Balakuṭaja Avaleha:

Ingredients: Barks of plant *kuṭaja*, water, *ativiṣā*, *pāṭhā*, cumin seeds, seed pulp of *bilva* fruit, seed pulp of mango fruit, aniseeds, *dhātakī* flowers, *mustā* and *jātīphala*.

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Process of Drug-Making: Decoct 50 gm. measure of barks of plant *kuṭaja* in water measuring 400 gm. Reduce the quantity to one fourth. Treat the decoction with powders of *ativiṣā*, *pāṭhā*, cumin seeds, seed pulp of *bilva* fruit, seed pulp of mango fruit, aniseeds, *dhātakī* flowers, *mustā* and *jātīphala* (4 gm. each).

Method of use/Administration: Lick the same in doses of 3 gm.

Therapeutic benefits: A child licking this medicine every day is cured of all kinds of diarrhoea and colic pain. This medicine cures even those cases which have been rejected by physicians.

शिवामोदकम्–

शिवा तामलकी मूर्वा शतपुष्पा निशाद्वयम् । आत्मगुप्ता बला बिल्वं देवपुष्पं शतावरी ।।१०५।।
मुरा मधुरिका मांसी विदारीविश्वभेषजम् । अनन्ताऽऽमलकीश्यामाभार्गी करिकणा कणा ।।१०६।।
चातुजातं चतुर्बीजं चन्दनं रक्तचन्दनम् । मुशली वाजिगन्धा च बीजं गोक्षुरसम्भवम् ।।१०७।।
सर्वाण्येतानि तुल्यानि द्राक्षा सर्वसमा मता । सिता द्राक्षा समा चैवेत्येतानि मधुना सह ।।१०८।।
सम्मर्द्द मोदकान् कृत्वा माषक्प्रमितान् भिषक् । एकैकमेषां पयसा प्रातः प्रातः प्रयोजयेत् ।।१०९।।
बालानां सर्वरोगघ्नं पुष्टिकृद् बलवर्द्धनम् । परं वह्निकरं मेध्यमायुष्यं ग्रहदोषहृत् ।।११०।।
भगवत्यै समुदितं शिवायै लोकमङ्गलम् । एतन्मोदकमीशेन युगे भगवता कृते ।।१११।।

105-111.Śivāmodakam:

Ingredients: *Haraḍa* (*śiva*), *tāmalakī*, *mūrvā*, aniseeds, *haridrā*, *dāru haridrā*, *ātmaguptā* (*kraunc*) seeds, *balā* (roots or seeds), seed pulp of *bilva* fruit, clove, *śatāvarī*, *murā*, *madhurikā*, *mānsī*, *vidārī*, dried ginger, *anantamūla*, *āmalakī*, *śyāmālatā*, *bhārgī*, *gajapippalī*, *pippalī*, cinnamon bark, smaller cardamom, cassia leaves, *nāgakeśara*, *caturbīja* (*methikā*, *candraśūra*, black cumin seeds and caraway seeds), white sandalwood, red sandalwood, *muṣalī*, *aśvagandhā*, *gokṣura*, *drākṣā*, jaggery and honey.

Process of Drug-Making: Gather 1 part each of the following powders: *haraḍa* (*śiva*), *tāmalakī*, *mūrvā*, aniseeds, *haridrā*, *dāru haridrā*, *ātmaguptā* (*kraunc*) seeds, *balā* (roots or seeds), seed pulp of *bilva* fruit, clove, *śatāvarī*, *murā*, *madhurikā*, *mānsī*, *vidārī*, dried ginger, *anantamūla*, *āmalakī*, *śyāmālatā*, *bhārgī*, *gajapippalī*, *pippalī*, cinnamon bark, smaller cardamom, cassia leaves, *nāgakeśara*, *caturbīja* (*methikā*, *candraśūra*, black cumin seeds and caraway seeds), white sandalwood, red sandalwood, *muṣalī*, *aśvagandhā* and *gokṣura*. Obtain *drākṣā* measuring equal amount of the above (i.e. 35 parts) and same measure of jaggery. Combine all of them together to prepare *modakas* (ball shaped

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lumps) with help of adequate amount of honey. After mixing honey, triturate the mix and prepare *modakas* measuring 1 gm. each.

Method of use/Administration: Children should take these medicinal balls along with milk.

Therapeutic benefits: It cures all kinds of diseases among them and promotes their intellect, strength and digestive power. It is a great nutrient. It promotes longevity and eliminates effect of malevolent celestial agents. This medicine was prescribed to Goddess Śivaa (i.e. wife of God Śiva). Hence, its name is *Śivāmodaka*.

बालरोगान्तकरसः–

शाणः सूतस्य शुद्धस्य गन्धकस्य च तत्समम् । सुवर्णमाक्षिकस्यापिचार्द्धभागं विनिक्षिपेत् ।।११२।।
ततः कज्जलिकां कृत्वा लौहपात्रे दृढ़े नवे । केशराजस्य भृङ्गस्य निर्गुण्ड्याः पत्रसम्भवः ।।११३।।
स्वरसः काकमाच्याश्च ग्रीष्मसुन्दरकस्य च । सूर्यावर्त्तकशालिञ्चभेकपर्णीरसस्तथा ।।११४।।
श्वेतापराजितायाश्च मूलं दद्याद्विचक्षणः । देयं रसार्द्धभागेन चूर्णं मरिचसम्भवम् ।।११५।।
शुभे शिलामये पात्रे लौहदण्डेन मर्दयेत् । शुष्कमातपसंयोगाद् वटिकां कारयेद् भिषक् ।।११६।।
प्रमाणं सर्षपस्यैव बालानां विनियोजयेत् । हन्ति त्रिदोषजञ्चैव ज्वरमामं सुदारुणम् ।।११७।।
कासं पञ्चविधञ्चापि सर्वरोगं निहन्ति च । शिशूनां रोगनाशाय निर्मितोऽयं महारसः ।।११८।।

112-118. Balarogantaka Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, *svarṇamākṣika bhasma*, juices of *keśarāj*, *bhṛingarāja*, *nirgunḍī* leaves, *kākamācī*, *ghṛiśamsundara*, *sūryāvarta*, *śāli nca*, *manḍukaparṇī*, *śveta aparājitā* and pepper powder.

Process of Drug-Making: Take 4 gm. measure each of purified *pārada* and purified *gaṇḍhaka* and 2 gm. measure of *svarṇamākṣika bhasma*. Combine them together and triturate the compound in a fresh iron mortar with the following separately: juices of *keśarāj*, *bhṛingarāja*, *nirgunḍī* leaves, *kākamācī*, *ghṛiśamsundara*, *sūryāvarta*, *śāli nca*, *manḍukaparṇī* and *śveta aparājitā*. Prepare a medicinal lump of it. Triturate this lump again with 2 gm. measure of pepper powder using an iron hammer. Make pills of the size of mustard seeds (15 mg. approx.).

Therapeutic benefits: Taken with different *anupānas*, this medicine is effective in treating all kinds of *doṣa* related disorders among child, fever, five types of *kāsa* (coughs) and the like. This medicine has been prepared to eliminate all kinds of diseases among children.

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कुमारकल्याणो रसः–

सिन्दूरं मौक्तिकं हैम व्योमायो हेमममाक्षिकम् । कन्यारसेन सम्मर्द्य कुर्यान्मुद्गभिता वटी ।।११९।।
वटिकां वटिकार्द्धं वा वयोऽवस्थां विविच्य च । क्षीरेणसितयासार्द्धं बालेषु विनियोजयेत् ।।१२०।।
कुमाराणां ज्वरं श्वासं वमनं पारिगर्भिकम् । ग्रहदोषांश्च निखिलान् स्तन्यस्याग्रहणं तथा ।।१२१।।
कामलामतिसारश्च कृशतां वह्निवैकृतम् । रसः कुमारकल्याणो नाशयेन्नात्र संशयः ।।१२२।।

119-122. KumāraKalyāṇa Rasa:

Ingredients: *Rasa sindūra*, *muktā*, *svarṇa bhasma*, *abhraka bhasma*, *lauha bhasma*, *svarṇamākṣika bhasma* and juice of *ghṛitakumārī*.

Process of Drug-Making: Obtain powders of *rasa sindūra*, *muktā*, *svarṇa bhasma*, *abhraka bhasma*, *lauha bhasma* and *svarṇamākṣika bhasma*. Triturate them together with juice of *ghṛitakumārī*. Make pills of the size of *mudga* beans (65 mg. approx.).

Method of use/Administration: This medicine should be taken by the children in doses of half pill or one pill (depending on the degree of disease) along with milk.

Therapeutic benefits: This medicine eliminates fever, breathing troubles, vomiting, anemia, diarrhoea, weakness, loss of digestive power and all kinds of diseases among children. There is no doubt about its efficiency.

दन्तोद्भेदगदान्तकरसः–

पिप्पलीपिप्पलीमूलचव्यचित्रकनागरैः । अजमोदायमानीभ्यां निशया मधुकेन च ।।१२३।।
दारुदार्वीविडङ्गैलानागकेशरनीरदैः । शटीशृङ्गीविडैर्व्योम्ना शङ्खायोहेममाक्षिकैः ।।१२४।।
विधाय पयसा पिष्टैर्वटिका वल्लसम्मिताः । दन्तघर्षेऽभ्यवहृतौ योजयेच्च प्रयोगवित् ।।१२५।।
प्रयोगादस्य दन्तानां त्वरयोद्गमतो गदाः । ज्वराक्षेपातिसाराद्या निवर्त्तन्ते न संशयः ।।१२६।।

123-126. Dantodbhedagdantaka Rasa:

Ingredients: *Pippalī*, *pippalīmūla*, *cavya*, *citrakamūla*, dried ginger, *ajamodā*, caraway seeds, *haridrā*, *yaṣṭi*, *devadāru*, *dāru haridrā*, *vāyaviḍanga*, smaller cardamom, *nāgakeśara*, *mustā*, *karcūra*, *śṛīngī*, *viḍa lavaṇa*, *abhraka bhasma*, *śankha bhasma*, *lauha bhasma*, *svarṇamākṣika bhasma*, milk or water.

Process of Drug-Making: Take equal parts of the following: *pippalī*, *pippalīmūla*, *cavya*, *citrakamūla*, dried ginger, *ajamodā*, caraway seeds, *haridrā*, *yaṣṭi*, *devadāru*, *dāru haridrā*, *vāyaviḍanga*, smaller cardamom, *nāgakeśara*, *mustā*, *karcūra*, *śṛīngī*, *viḍa lavaṇa*, *abhraka bhasma*, *śankha bhasma*, *lauha bhasma* and *svarṇamākṣika bhasma*. Prepare a fine powder of them and compound

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them together with milk or water. Make pills measuring 125 mg. each out of the preparation.

Method of use/Administration: These pills should be dissolved in water and used for rubbing the gums of children.

Therapeutic benefits: With this medication teething becomes comfortable. It also checks the indispositions related to teething (like fever, convulsions and diarrhoea).

बालरसः (र. सा. स.)–

पलं शुद्धस्य सूतस्य गन्धकस्य पलं तथा । सुवर्णमाक्षिकस्यापि भागाद्ध सम्प्रकल्पयेत् ।।१२७।।
ततः कज्जलिकां कृत्वा लौहपात्रमये दृढ़े । केशराजस्य भृङ्गस्य निर्गुण्ड्याः स्वरसेन च ।।१२८।।
शुभे शिलामये पात्रे लौहदण्डेन मर्दयेत् । राजिकासदृशीञ्चैव वटिकां कारयेद्भिषक् ।।१२९।।
एकैकां वटिकां खादेन्नागवल्लीदलद्रवैः । हन्ति त्रिदोषसम्भूतं ज्वरञ्चैव सुदारुणम् ।।१३०।।
चिरज्वरञ्च कासञ्च शूलं सर्वभवं तथा । शिशूनां रोगनाशाय शिवेन परिकीर्तितः ।।१३१।।

127-131. Balarasa:

Ingredients: Purified *pārada*, purified *gandhaka*, *svarṇamākṣika bhasma*, juices of *keśarāj*, *bhṛingarāja* and *nirgundī* leaves.

Process of Drug-Making: Obtain 50 gm. measure each of purified *pārada* and purified *gandhaka* along with 25 gm. measure of *svarṇamākṣika bhasma*. First of all, prepare *kajjalī* in a stone mortar and mix *svarṇamākṣika bhasma* to it. Triturate the preparation separately with juices of *keśarāj*, *bhṛingarāja* and *nirgundī* leaves. Triturate the preparation for one whole day with each of the juices. Make pills measuring 10 mg. each out of the preparation after churning with iron hammer in a stone mortar.

Method of use/Administration: These pills are to be taken in doses of one each along with juice of betel leaves.

Therapeutic benefits: This medicine is effective in checking fevers caused due to disordered *doṣas*, chronic fever, *kāsa* (coughs) and all kinds of pains. This medicine has been propounded by God Śiva to defend the children.

(*Rasendra Sār Sangraha*)

अश्वगन्धाघृतम्–

पादकल्केऽश्वगन्धायाः क्षीरे दशगुणे पचेत् । घृतं पेयं कुमाराणां पुष्टिकृद् बलवर्द्धनम ।।१३२।।

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132. Aśvagandhā Ghṛitam:

Ingredients: *Mūrcchita* cow *ghṛitam*, cow milk, *aśvagandhā kalka* and water.

Process of Drug-Making: Take *mūrcchita* cow *ghṛitam* measuring 1 litre, cow milk measuring 10 litre and *aśvagandhā kalka* measuring 250 litre. Cook them together with water measuring 10 litre.

Method of use/Administration: This medicated *ghṛitam* should be served to children in doses of 2-3 gm.

Therapeutic benefits: It is a great nutrient and it promotes the strength of the child.

बालचाङ्गेरीघृतम्–

चाङ्गेरीस्वरसे सर्पिश्छागक्षीरसमं पचेत् । कपित्थव्योषसिन्धूत्थसमङ्गोत्पलबालकैः ।।१३३।।
सबिल्वधातकीमोचैः सिद्धं सर्वातिसारनुत् । ग्रहणीं दुस्तरां हन्ति बालानान्तु विशेषतः ।।१३४।।

133-134. Balacāngerī Ghṛitam:

Ingredients: *Mūrcchita* cow *ghṛitam*, juice of *cāngerī*, goat's milk, *kapittha*, dried ginger, *marica*, *pippalī*, rock salt, *manjiṣṭhā*, *nīlakamal*, *netrabālā*, pulp of unripe *bilva* fruits, *dhātakī* flowers and *mocarasa*.

Process of Drug-Making: Obtain cow *ghṛitam* measuring 1 litre, juice of *cāngerī* measuring 4 litre, goat's milk measuring 1 litre and also take *kalka* of the following in measure of 23 gm. each: *kapittha*, dried ginger, *marica*, *pippalī*, rock salt, *manjiṣṭhā*, *nīlakamal*, *netrabālā*, pulp of unripe *bilva* fruits, *dhātakī* flowers and *mocarasa*. Cook all of them together and obtain the medicated *ghṛitam*.

Method of use/Administration: This medicine should be taken by children everyday along with water.

Therapeutic benefits: It cures all kinds of diarrhoea and difficult cases of *sangrahaṇī*.

अष्टमङ्गलघृतम्–

वचा कुष्ठं तथा ब्राह्मी सिद्धार्थकमथापि वा । शारिवा सैन्धवञ्चैव पिप्पली घृतमष्टमम् ।।१३५।।
मेध्यं घृतमिदं सिद्धं पातव्यञ्च दिने दिने । दृढस्मृतिः क्षिप्रमेधाः कुमारो बुद्धिमान भवेत् ।।१३६।।
न पिशाचा न रक्षांसि न भूता न च मातरः । प्रभवन्ति कुमाराणां पिबतामष्टमङ्गलम् ।।१३७।।

135-137. Aṣṭamangala Ghṛitam:

Ingredients: *Mūrcchita* cow *ghṛitam*, *vacā*, *kuṣṭha*, *brāhmī*, *siddhārtha* (white mustard), *anantamūla*, rock salt and *pippalī*.

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Process of Drug-Making: Take *mūrcchita* cow *ghṛitam* measuring 1 litre and *kalka* of *vacā*, *kuṣṭha*, *brāhmī*, *siddhārtha* (white mustard), *anantamūla*, rock salt and *pippalī* (36 gm. each). Cook them together along with water (4 litres).

Therapeutic benefits: This medicinal *ghṛitam* promotes intellect and memory power of the children. By taking this medicine children become very intelligent and they are protected from all kinds of celestial agents like the Pishacha, Rakshasha, Bhūta and Maṭṛikas. As there are eight (*Aṣṭa*) auspicious (*mangala*) herbs in this medicine, it has been called as *Aṣṭamangala Ghṛitam*.

कुमारकल्याणघृतम् (दन्तोद्भेदादौ)–

शङ्खपुष्पी वचा ब्राह्मी कुष्ठं त्रिफलया सह । द्राक्षा सशर्कराशुण्ठी जीवन्ती जीवकं बला ।।१३८।।
शटी दुरालभा बिल्वं दाडिमं सुरसा स्थिरा । मुस्तं पुष्करमूलञ्च सूक्ष्मैला गजपिप्पली ।।१३९।।
एषां कर्षसमैर्भागैर्घृतप्रस्थं विपाचयेत् । कषाये कण्टकार्याश्च क्षीरे तस्मिंश्चतुर्गुणे ।।१४०।।
एतत्कुमारकल्याणं घृतरत्नं सुखप्रदम् । बलपुष्टिकरं धन्यं पुष्ट्यग्निबलवर्द्धनम् ।।१४१।।
छायासर्वग्रहालक्ष्मीक्रिमिदन्तगदापहम् । सर्वबालामयहरं दन्तोद्भेदं विशेषतः ।।१४२।।

138-142. KumāraKalyāṇa Ghṛitam:

Ingredients: *Mūrcchita* cow *ghṛitam*, cow milk, decoction of plant *kañṭakārī* (*pañcānga*), *śankhapuṣpī*, *vacā*, *brāhmī*, *kuṣṭha*, *haraḍa*, *vibhītaka*, *āmalakī*, *drākṣā*, jaggery, dried ginger, *jīvantī*, *jīvaka*, *balā* (roots or seeds), *karcūra*, *yavāsā*, seed pulp of *bilva* fruit, pomegranate seeds, *tulasī*, *śālaparṇī*, *mustā*, *puṣkaramūla*, smaller cardamom and *gajapippalī*.

Process of Drug-Making: Take *mūrcchita* cow *ghṛitam* measuring 750 gm. and cow milk measuring 3 litre as well as decoction of plant *kañṭakārī* (*pañcānga*) also measuring 3 litre. Prepare a *kalka* of 12 gm. measure each of the following herbs: *śankhapuṣpī*, *vacā*, *brāhmī*, *kuṣṭha*, *haraḍa*, *vibhītaka*, *āmalakī*, *drākṣā*, jaggery, dried ginger, *jīvantī*, *jīvaka*, *balā* (roots or seeds), *karcūra*, *yavāsā*, seed pulp of *bilva* fruit, pomegranate seeds, *tulasī*, *śālaparṇī*, *mustā*, *puṣkaramūla*, smaller cardamom and *gajapippalī*. Finally, cook all of the above ingredients together and thus obtain the medicated *ghṛitam*.

Method of use/Administration: It could be taken in doses of 2-3 gm. along with milk or water.

Therapeutic benefits: This medicine called *Kumārakaylana Ghṛitam* is best among all the medicated *ghṛitams*. It promotes strength, complexion, nutrition, and digestion of children. It also wards off the effect of all kinds of malevolent

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celestial elements. It also checks worm infections, itching troubles and the like among children.

पिप्पल्याद्यं घृतम (दन्तोद्भेदे)–

पिप्पलीधातकीपुष्पधात्रीफलकशेरुभिः । वचामूर्वाऽमृतापाठाकटुकातिविषाघनैः ।।१४३।।
जीवनीयैर्घृतं सिद्धं शस्तं दशनजन्मनि । सुखोष्णेन यथामात्रं पयसैतत्प्रयोजयेत् ।।१४४।।

143-144. Pippalīādya Ghṛitam:

Ingredients: *Mūrcchita ghṛitam*, *pippalī*, *dhātakī* flowers, *āmalakī*, *kaseru*, *vacā*, *mūrvā* (roots), *guḍūcī*, *pāṭhā*, *kaṭukī*, *ativiṣā*, *mustā* and herbs of *jīvanīya* group (*jīvantī*, *mudgaparṇī* and *māṣaparṇī* and the *aṣṭavarga*).

Process of Drug-Making: Take 750 gm. of *mūrcchita ghṛitam* and *kalka* of the following: *pippalī*, *dhātakī* flowers, *āmalakī*, *kaseru*, *vacā*, *mūrvā* (roots), *guḍūcī*, *pāṭhā*, *kaṭukī*, *ativiṣā*, *mustā* and herbs of *jīvanīya* group (*jīvantī*, *mudgaparṇī* and *māṣaparṇī* and the *aṣṭavarga*) (8 gm. each). Cook all of them together along with water (3 litres).

Method of use/Administration: This medicated *ghṛita* should be consumed by children in doses of 2-3 gm. along with lukewarm water.

Therapeutic benefits: It checks fever caused by teething troubles, diarrhoea and vomitting tendencies.

कण्टकारीघृतम् (श्वास-कासादौ)–

कण्टकार्या बृहत्याश्च भार्गीवासकयोरपि । स्वरसेन तथा छागीक्षीरेण विपचेद् घृतम् ।।१४५।।
कल्कैः करिकणाकृष्णामरिचैर्मधुकेन च । वचाग्रन्थिकमांसीभिश्चव्यचित्रकचन्दनैः ।।१४६।।
मुस्तामृतामलयजैर्यमान्या जीरकेण च । बालाविश्वौषधाभ्याञ्च द्राक्षादाडिमदारुभिः ।।१४७।।
सिद्धमेतद् घृतं सद्यः शिशूनां श्वासकासहृत् । ज्वरारोचकशूलघ्नं कफनुद् बलवह्निकृत् ।।१४८।।

145-148. Kañṭakārī Ghṛitam:

Ingredients: *Mūrcchita ghṛitam*, juice or decoction of *kañṭakārī*, decoction of bigger *kañṭakārī*, decoction of *bhārgī*, juice of *aḍuṣā*, goat milk, *gajapippalī*, *pippalī*, black pepper, *madhuyaṣṭī*, *vacā*, *pippalīmūla*, *jaṭāmānsī*, *cavya*, bark of *citraka*, red sandalwood, *mustā*, *guḍūcī*, white sandalwood, caraway seeds, white cumin seeds, *sugandhabālā*, dried ginger, raisin, pomegranate seeds, *devadāru* and water.

Process of Drug-Making: Take 1 litre each of *mūrcchita ghṛitam*, juice or decoction of *kañṭakārī*, decoction of bigger *kañṭakārī*, decoction of *bhārgī*, juice of *aḍuṣā* and goat milk (each 1 litre). Prepare *kalka* from the following materials:

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gajapippalī, *pippalī*, black pepper, *madhuyaṣṭī*, *vacā*, *pippalīmūla*, *jaṭāmānsī*, *cavya*, bark of *citraka*, red sandalwood, *mustā*, *guḍūcī*, white sandalwood, caraway seeds, white cumin seeds, *sugandhabālā*, dried ginger, raisin, pomegranate seeds and *devadāru* (12 gm. each). Combine all these materials and methodologically cook in water measuring 4 litres.

Method of use/Administration: The medicinal oil thus obtain should be served to children.

Therapeutic benefits: It cures *śvāsa*, *kāsa* (coughs), fever, *arocaka*, *śūla* and vitiations of *kapha* of children. It also promotes body's strength and digestive power.

लाक्षादितैलम् (बालानां ज्वरादौ)–

लाक्षारससमं सिद्धं तैलं मस्तु चतुर्गुणम् । रास्नाचन्दनकुष्ठाब्दवाजिगन्धानिशायुगैः ।।१४९।।
शताह्वादारुयष्ट्याह्वमूर्वातिक्ताहरेणुभिः । बालानां ज्वररक्षोघ्नमभ्यङ्गाद्बलवर्णकृत् ।।१५०।।

149-150. Lākṣādi Tailam:

Ingredients: *Mūrcchita* sesame oil, juice or decoction of *lākṣā*, water of curd, *rāsnā*, red sandalwood, *kuṭaja*, *mūrvā*, *kaṭukī* and *hareṇukā*.

Process of Drug-Making: Obtain *mūrcchita* sesame oil (1 litre), juice or decoction of *lākṣā* (1 litre), water of curd (4 litres) and *kalka* of the following: *rāsnā*, red sandalwood, *kuṭaja*, *mūrvā*, *kaṭukī* and *hareṇukā* (19 gm. each). Combine all these materials together and methodologically cook them to obtain medicinal oil.

Method of use/Administration: Use it for massage.

Therapeutic benefits: Doing massage with the medicinal oil helps in checking children's suffering from fevers and effects of ghosts and bad spirits. It also promotes body's strength and complexion.

व्याघ्रीतैलम (श्वास-कासादौ)–

व्याघ्रीवासकबिल्वानांकेशराजस्य चाम्बुना । काञ्जिकेन तथा कल्कैर्मुस्तमोचरसाञ्जनैः ।।१५१।।
शताह्वादारुयष्ट्याह्वबलारास्नानिशायुगैः । चन्दनद्वयमञ्जिष्ठाप्रियङ्गूत्पलकेशरैः ।।१५२।।
शालपर्णीपृश्निपर्णीचातुर्जातकबालकैः । मृदः पात्रे पचेत्तैलमरिष्टेन्धनवह्निना ।।१५३।।
श्वासं कासञ्चबालानांज्वरंवह्नेश्च वैकृतम्। व्याघ्रीतैलमिदं हन्यात् त्वग्दोषान् निखिलानपि ।।१५४।।

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151-154. Vyāghrī Tailam:

Ingredients: *Mūrcchita* sesame oil, decoction of small *kañṭakārī*, juice of *aḍuṣā* leaves, decoction of *bilva* fruit, juice of *keśarāj*, *kānji*, *mustā*, *mocarasa*, *rasāñjana*, aniseeds, *devadāru*, *yaṣṭi*, *balā* (roots), *manjiṣṭhā*, *rāsnā*, *haridrā*, *dāru haridrā*, *śveta candana*, *rakta candana*, *priyangu* flowers, *kamala keśara*, *śālaparṇī*, *pṛiśniparṇī*, cinnamon barks, smaller cardamom, cassia leaves, *nāgakeśaras*, *netrabālā* and woods of *nimba* tree.

Process of Drug-Making: Obtain 1 litre each of *mūrcchita* sesame oil, decoction of small *kañṭakārī*, juice of *aḍuṣā* leaves, decoction of *bilva* fruit, juice of *keśarāj*and *kānji*. Also take *kalka* of the following: *mustā*, *mocarasa*, *rasāñjana*, aniseeds, *devadāru*, *yaṣṭi*, *balā* (roots), *manjiṣṭhā*, *rāsnā*, *haridrā*, *dāru haridrā*, *śveta candana*, *rakta candana*, *priyangu* flowers, *kamala keśara*, *śālaparṇī*, *pṛiśniparṇī*, cinnamon barks, smaller cardamom, cassia leaves, *nāgakeśaras* and *netrabālā* (11 gm. each). Cook all of them together using woods of *nimba* tree as fuel.

Therapeutic benefits: The medicinal oil thus obtained is effective in checking *kāsa* (coughs), breathing troubles, fever and loss of digestive power among children. It also checks different types of skin diseases like *pāma* and *kaṇḍu*.

शङ्खपुष्पीतैलम्–

शङ्खपुष्पीमहानिम्बवासानामर्जुनस्य च । स्वरसेनारनालेन लाक्षातोयेन मस्तुना ।।१५५।।
कल्कैश्च दाडिमीदारुनिशायुगफलत्रिकैः । खन्दनोशीरबालैश्च श्रीखण्डमधुकाम्बुदैः ।।१५६।।
श्यामाशैवालशेफालीरक्तोत्पलरसाञ्जनैः । गन्धद्रव्यैश्चनिखिलैः पचेत् तैलं तिलोद्भवम् ।।१५७।।
प्रयोगादस्य नश्यन्तिबालानामखिला गदाः । कान्तिर्मेधा धृतिः पुष्टिर्वर्द्धते नात्र संशयः ।।१५८।।
कल्याणाय कुमाराणां कपर्दी करुणाकरः । ससर्जेदं शङ्खपुष्पीतैलं भुवनमङ्गलम् ।।१५९।।

155-159. Śankhapuṣpī Tailam:

Ingredients: *Mūrcchita* sesame oil, juice of *śankhapuṣpī*, decoction of barks of *mahānimba* tree (or juice of its leaves), juice of leaves of *aḍuṣā* or decoction of its *pañcānga*, decoction of *arjuna* barks, *kānji*, juice of *lākṣā*, water of curd, barks of pomegranate fruits, *devadāru*, *haridrā*, *dāru haridrā*, *haraḍa*, *vibhītaka*, *āmalakī*, *rakta candana*, *uśīra*, *netrabālā*, *śveta candana*, *yaṣṭi*, *mustā*, *śyāmālatā*, *śaivala*, bark of plant *harśṛīngar*, lotus flower, *rasāñjana* and *kalka* of the aromatic herbs.

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Process of Drug-Making: Obtain *mūrcchita* sesame oil, juice of *śankhapuspī*, decoction of barks of *mahānimba* tree (or juice of its leaves), juice of leaves of *aḍuṣā* or decoction of its *pañcānga*, decoction of *arjuna* barks, *kānji*, juice of *lākṣā* and water of curd each measuring 1 litre. Prepare a *kalka* of the following: barks of pomegranate fruits, *devadāru*, *haridrā*, *dāru haridrā*, *haraḍa*, *vibhītaka*, *āmalakī*, *rakta candana*, *uśīra*, *netrabālā*, *śveta candana*, *yaṣṭi*, *mustā*, *śyāmālatā*, *śaivala*, bark of plant *harśṛīngar*, lotus flower and *rasāñjana* (14 gm. each). Cook all the above ingredients together. After that, add to the preparation *kalka* of the aromatic herbs.

Method of use/Administration: This medicinal oil should be used in massaging children.

Therapeutic benefits: It cures all kinds of diseases and promotes the glow of their body, intelligence, stamina and strength. This medicine has been suggested by God Shankar (Śṛīkpardi) for benefit of the children.

भूतवारघृतम् (भूतग्रहघ्नम्)–

त्रिकटुकदलकुङ्कुमग्रन्थिकक्षारसिंही निशादारुसिद्धार्थयुग्माम्बुशकाह्वयैः
सितलशुनफलत्रयोशीरतिक्तावचा तुत्थयष्टीबलालोहितैलाशिलापद्मकैः ।
दधितगरमधुसारप्रियाह्वानिशाख्याविषाताक्ष्र्यशैलेः सचव्यामयैः कल्कितै
र्घृतमभिनवमशेषमूत्रांशासिद्धं मतं भूतवाराह्वयं पानतस्तद् ग्रहघ्नं परम् ।।१६०।।

160.Bhūtavara Ghṛitam:

Ingredients: *Mūrcchita ghṛitam*, all the eight types of urine, dried ginger, *marica*, *pippalī*, cassia leaves, *keśara*, *pippalīmūla*, *yavakṣāra*, *kañṭakārī*, *haridrā*, *devadāru*, *siddhārtha* (white mustard seeds), red mustard seeds, *netrabālā*, *indrayava*, *arjuna* barks, garlic pearls, *haraḍa*, *vibhītaka*, *āmalakī*, *uśīra*, *kaṭukī*, *vacā*, purified *tuttha* (*nīla*), *yaṣṭi*, *balā* (roots), *rakta candana* or *manjiṣṭhā*, smaller cardamom, purified *manahśilā*, *padmaka*, *dadhi* (heart wood of plant *śṛīnivasa*), *tagar*, abstracts of *madhuka* wood or its bark, *priyangu*, *niśākhya* (*lāngalī*), *ativiṣā*, *rasāñjana*, *akṣayaryaśailā*, *cavya* and *kuṣṭha*.

Process of Drug-Making: Obtain 1 litre of *mūrcchita ghṛitam*. Following that, obtain all the eight types of urine measuring eight litres collectively. Also take 38 gm. each of the following for preparing a *kalka*: dried ginger, *marica*, *pippalī*, cassia leaves, *keśara*, *pippalīmūla*, *yavakṣāra*, *kañṭakārī*, *haridrā*, *devadāru*, *siddhārtha* (white mustard seeds), red mustard seeds, *netrabālā*, *indrayava*, *arjuna* barks, garlic pearls, *haraḍa*, *vibhītaka*, *āmalakī*, *uśīra*, *kaṭukī*,

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vacā, purified *tuttha* (*nīla*), *yaṣṭi*, *balā* (roots), *rakta candana* or *manjiṣṭhā*, smaller cardamom, purified *manahśilā*, *padmaka*, *dadhi* (heart wood of plant *śrīnivasa*), *tagar*, abstracts of *madhuka* wood or its bark, *priyangu*, *niśākhya* (*lāngalī*), *ativiṣā*, *rasāñjana*, *akṣayaryaśailā*, *cavya* and *kuṣṭha*. Cook all of the above together and obtain medicated *ghṛitam*.

Method of use/Administration: This medicine can be used in massaging the children, in sniffs as well as in a smoke therapy.

Therapeutic benefits: This prescription is capable to ward off all kinds of malevolent agencies from the child.

महाभूतवारं घृतम् (सर्वग्रहोन्मादादौ)–

नतमधुककरञ्जलाक्षापटोलीसमङ्गावचापाटली हिङ्गुसिद्धार्थसिंहीनिशायुग्लतारोहिणी
बदरकटुफलत्रिकाकान्तदारुक्रिमिघ्नाजगन्धा भङ्गाङ्कोलकोषातकीशिग्रुनिम्बाम्बुदेन्द्रयवैः ।
गदशुकतरुपुष्पबीजोग्रयष्ट्यद्रिकर्णी निकुम्भाग्निबिल्वैः समैः कल्कितैर्मूत्रवर्गेण सिद्धंघृत
विधिविनिहितामाशुसर्वैःक्रमैर्योजितं हन्ति सर्वग्रहोन्मादकुष्ठज्वरांस्तन्महाभूतवारं स्मृतम ।।१६१।।

161. Mahābhūtavara Ghṛitam:

Ingredients: *Mūrcchita ghṛitam*, all the eight types of urines, *tagar*, *madhuka*, *karañja* (roots or its seed pulp), *lākṣā*, *paṭola* leaves, *manjiṣṭhā*, *vacā*, *pāṭala*, asafoetida, white mustard seeds, large variety of *vyāghrī*, *haridrā*, *dāru haridrā*, *priyangu*, *gambhārī* barks, seed pulp of *badarī* fruit, *kaṭukī*, *tṛiphalā* herbs, *kānta* or *keśara*, *devadāru*, *vāyaviḍanga*, *ajamodā*, *vijayā*, *indrayava*, *angkot*, *koṣatakī*, *śigru* (bark), *nimba* (barks), *mustā*, *indrayava*, *kuṣṭha*, *śirīṣa* (fruits or seeds), *vacā*, *madhuyaṣṭī*, *girikarṇikā*, *dantī* roots and barks of *bilva* plant or seed pulp of its unripe fruit.

Process of Drug-Making: Obtain *mūrcchita ghṛitam* measuring 1 litre, all the eight types of urines measuring eight litres collectively and following herbs for preparing a *kalka*: *tagar*, *madhuka*, *karañja* (roots or its seed pulp), *lākṣā*, *paṭola* leaves, *manjiṣṭhā*, *vacā*, *pāṭala*, asafoetida, white mustard seeds, large variety of *vyāghrī*, *haridrā*, *dāru haridrā*, *priyangu*, *gambhārī* barks, seed pulp of *badarī* fruit, *kaṭukī*, *tṛiphalā* herbs, *kānta* or *keśara*, *devadāru*, *vāyaviḍanga*, *ajamodā*, *vijayā*, *indrayava*, *angkot*, *koṣatakī*, *śigru* (bark), *nimba* (barks), *mustā*, *indrayava*, *kuṣṭha*, *śirīṣa* (fruits or seeds), *vacā*, *madhuyaṣṭī*, *girikarṇikā*, *dantī* roots and barks of *bilva* plan or seed pulp of its unripe fruit (7 gm. each). Cook all the above ingredients together.

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Method of use/Administration: This medicated *ghṛitam* could be used as a drink, as sniff, in ointmenting as well as in smoke therapies.

Therapeutic benefits: It removes all kinds of celestial effects on children, insanity, *kuṣṭha* (skin diseases) and fever.

षट्त्रिंशद्वर्णकैः पादैर्व्यालाख्यो दण्डको मतः ।

अरविन्दासवः–

अरविन्दमुशीरञ्च काश्मरी नीलमुत्पलम् । मञ्जिष्ठैलाबलामांसीरम्बुदं शारिवां शिवाम् ।।१६२।।
बिभीतकवचाधात्रीःशटीं श्यामां सनीलिनीम् । पटोलं पर्पटं पार्थं मधुकं मधुकं मुराम् ।।१६३।।
पलमानेन संगृह्य द्राक्षायाः पलविंशतिम् । धातकीं षोडशपलां जलद्रोणद्वये क्षिपेत् ।।१६४।।
शर्करायास्तुलां तत्रतुलार्द्धं माक्षिकस्य च । मासं संस्थापयेद् भाण्डे मृत्तिकापरिनिर्मिते ।।१६५।।
बालानां सर्वरोगघ्नो बलपुष्ट्यग्निवर्द्धनः । अरविन्दासवः प्रोक्त आयुष्यो ग्रहदोषहृत् ।।१६६।।

162-166. Arvindasava:

Ingredients: Lotus, *uśīra*, *gambhārī* bark or fruit, *nīlakamal*, *manjiṣṭhā*, smaller cardamom, root or seeds of *balā*, *jaṭāmānsī*, *mustā*, *anantamūla*, *haraḍa*, *vibhītaka*, *vacā*, *āmalakī*, *karcūra*, *śyāmālatā*, *nilimūla*, *paṭola* leaves, *parpaṭa*, bark of *arjuna*, flowers of *madhūka*, *madhuyaṣṭī*, powder of *murāmānsī*, *drākṣā*, powder of *dhātakī* flowers, water, jaggery and honey.

Process of Drug-Making: Obtain 46 gm. each of lotus, *uśīra*, *gambhārī* bark or fruit, *nīlakamal*, *manjiṣṭhā*, smaller cardamom, root or seeds of *balā*, *jaṭāmānsī*, *mustā*, *anantamūla*, *haraḍa*, *vibhītaka*, *vacā*, *āmalakī*, *karcūra*, *śyāmālatā*, *nilimūla*, *paṭola* leaves, *parpaṭa*, bark of *arjuna*, flowers of *madhūka*, *madhuyaṣṭī* and powder of *murāmānsī* along with 940 gm. of *drākṣā*, powder of *dhātakī* flowers measuring 750 gm., water measuring 25 litre, jaggery measuring 4670 gm. and 2335 gm. measure of honey. Collect all these materials in a pitcher that has been treated with smoke (*dhūpan*) therapy. Cover the mouth of the pitcher with a piece of cloth already treated with mud. Leave the pitcher undisturbed for one month.

Method of use/Administration: After one month filter the compound and give to children in doses of 8-10 drops along with water.

Therapeutic benefits: Regular consumption of this medicine helps in alleviating all types of diseases. It promotes strength, health and digestive powers of the body. This *Aravindasava* is very much beneficial in promoting longevity and also clears malevolent celestial agents.

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बलिशान्तीष्टकर्मोपदेशः–

बलिशान्तीष्टकर्माणि कार्याणि ग्रहशान्तये । मन्त्रश्चायं प्रयोक्तव्यस्तत्रादौ सार्वकार्मिकः ।।१६७।।

167. To control malevolent celestial elements like Putana, one should offer sacrifices at cross roads and charge the patient through the spell *Om namo bhagvate* given below.

बलिदानमन्त्रः–

ॐनमोभगवतेगरुडायत्र्यम्बकाय सद्यःस्वस्त्यस्तुस्वाहा
ॐ कं टं वं गं वैनतेयाय । ॐ ह्रां ह्रीं क्षः ।।१६८।।

168. *Om namo bhagvate garuḍayatrayambakaya sadyĀsavastyastusvaha, om kam tam vam gam vainateyaya. Om hram, hṛim kṣah.*

This is a spell that is used in fire ritual. This is a combination of three *mantras*-a. '*Om namo bhagvate garuḍayatrayambakaya sadyĀsavastyastusvaha*' b. '*om kam tam vam gam vainateyaya*' and c. *Om hram, hṛim kṣah*'. One should offer sacrifices using this *mantra* in evening or in night at crossroads.

गरुडबलिविधानम्–

बालदेहप्रमाणेन पुष्पमालान्तु सर्वतः । प्रगृह्य मृच्छिकाभक्तं बलिर्देयस्तु शान्तिकः ।।१६९।।
ॐ कारि सुपर्णपक्षीश बालकं रक्ष रक्ष स्वाहा ।।१७०।।

169-170. Obtain a white flower garland that could fit the size of the child (in context). Fill up a *śarāva* (earthen plate) with rice and place it in a lonely spot in evening or in night. While placing the plate one should cite the *mantra* '*Om kāri sūparṇa pakṣīś balākam rakṣa rakṣa savāhā*'. Place the garland around the plate. This ritual should be repeated for three consecutive days. It is called *garuḍabali*. It makes the child free of all diseases.

सर्वौषधिस्नानम्–

मुरा मांसी वचा कुष्ठं शैलेयं रजनीद्वयम् । शटी चम्पकमुस्तञ्च सर्वौषधिगणः स्मृतः ।।१७१।।
सर्वौषध्यम्बुना स्नानं बालानां गदनाशनम् । ग्रहरक्षःप्रशमनमायुष्यं कान्तिवर्द्धनम् ।।१७२।।

171-172. Sarvaśdhi Snānam:

Murāmānsī, jaṭāmānsī, vacā, kuṣṭha, śailā, haridrā, dāru haridrā, karcūra, campakakpuṣpa and *mustā* are all *bel*ong to *sarvauśādi gaṇa* group of herbs. Bathing in half boiled decoction would remove all the diseases of children. It also checks obstructions caused by celestial agents like *rākṣas* and *pisācas*. It promotes the complexion of the children and their longevity.

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ग्रहदोषहरं स्नानमनुलेपनं च (भा. प्र.)–

सहामुण्डितिकोदीच्यक्वाथस्नानं ग्रहापहम् । सप्तच्छदनिशामयचन्दनैश्चानुलेपनम् ।।१७३।।

173. Obtain *māṣaparṇī*, *munḍī* and *gandhabālā* and prepare an *ardhāvaśeṣa* decoction out of them. This decoction should be used in bathing the child (in context). He should be also coated with *kalka* of green leaves of plant *saptavarṇa*, *haridrā*, *kuṣṭha* and *rakta candana*. These measures eliminate all kinds of celestial dangers to the child. (*ardhāvaśeṣa* decoctions are those preparations which are boiled upto one half of the original quantity).

हिङ्ग्वादिद्रव्यसिद्धस्नेहचूर्णगुटिकाकल्कक्वाथप्रयोगाः–

हिङ्गुव्योषालनेपालीलशुनार्कजटाजटाः । अजलोमी सगोलोमी भूतकेशीवचालताः ।।१७४।।
कुक्कुटीसर्पगन्धाख्यातिलाःफालविषाणिके । वज्रप्रोक्तावयःस्थाचशृङ्गीमोहनवल्ल्यपि ।।१७५।।
स्रोतोजाञ्जनरक्षोघ्नो रक्षोघ्नं चान्यदौषधम् । खराश्वश्वाविदुष्ट्रर्क्षगोधानकुलशल्यकान् ।।१७६।।
द्वीपिमार्जारगोसिंहव्याघ्रसामुद्रसत्त्वतः । चर्मपित्तद्विजनखा वर्गेऽस्मिन् साधयेद् घृतम् ।।१७७।।
पुराणमथवा तैलं नवं तत् पाननस्ययोः । अभ्यङ्गे च प्रयोक्तव्यमेषा चूर्णञ्च धूपने ।।१७८।।
एभिश्च गुटिकां युञ्ज्यादञ्जनं सावपीडने । प्रलेपे कल्कमेतेषां क्वाथञ्च परिषेचने ।।१७९।।
प्रयोगोऽयं ग्रहोन्मादापस्मारांश्च विनाशयेत् ।।१८०।।

174-180. Obtain in equal parts the following materials: asafoetida, dried ginger, black pepper, pepper, *haritāla*, *manahśilā*, garlic pearls, roots of plant *arka*, *jaṭāmānsī*, *meṣa śṛīnghi*, white variety of *dūrvā* grass, *bhūtakeśi*, *vacā*, *priyangu*, *kukkuṭi*, *Sarpagandhā* (*rāsnā*), sesame seeds, *kākolī*, *kṣīrakākolī*, *kelikadamb*, *vajraprokta*, *harītakī*, *śṛīngī*, *mohanvallī*, *brāhmī* or *madār*, *srotoañjana*, *guggulu* or mustard seeds as well as the following if available: bark, *pitta*, teeth and nails of ass, horse, *śallakī*, camel, bear, *godhikā* (a kind of lizard or alligator), mongoose, tiger, cow, cat, lion, leopard and sea animals.

Take all these materials and compound them together into a *kalka*. Obtain *ghṛitam* or oil four times in measure and cook them together. This medicinal *ghṛitam* or oil should be used in terms of drink, massage, nasal or in a smoke (*dhūpan*) therapy. Optionally, one can make a pill out the preparation and use the same as an *añjana*. It checks all kinds of celestial impacts, insanity and epilepsy among children.

बालग्रहविघाताय विधेया भिषजाऽनिशम् । कुमारतन्त्रसंप्रोक्ता वलिपूजादिका क्रिया ।।१८१।।

181. To control the effect of malevolent celestial agents, one should perform sacrifice and worship quoted in the text *Kumāratañtra* by Rāvaṇa.

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अथ रावणकृतं कुमारतन्त्रम्–

बलिं तस्य प्रवक्ष्यामि येन सम्पद्यते शुभम् ।।

नद्युभयतटमृत्तिकां गृहीत्वा पुत्तलिकां कृत्वा शुक्लौदनं शुक्लपुष्पं, शुक्लसप्तध्वजाः, सप्तप्रदीपाः, सप्त स्वस्तिकाः, सप्तवटकाः, सप्तशष्कुलिकाः, सप्तजम्बुलिकाः, सप्तमुस्तकाः, गन्धं, पुष्पं, ताम्बूलं, मत्स्यं, मांसं, सुराग्रभक्तञ्च पूर्वस्यां दिशि चतुष्पथे मध्याह्ने बलिर्दातव्यः । ततोऽश्वत्थपत्रं जलकुम्भे निक्षिप्य शान्त्युदकेन स्नापयेत् । रसोनसिद्धार्थकमेषशृङ्गनिम्बपत्रशिवनिर्माल्यैर्बलिकं धूपयेत् । ॐ 'नमो रावणाय अमुकस्य व्याधि हन हन मुञ्च मुञ्च ह्रीं फट् स्वाहा'। एवं दिनत्रयं बलिं दत्त्वा चतुर्थे दिवसे ब्राह्मणान् भोजयेत् । ततः सम्पद्यते शुभम् ।।१८२।।

182. On first day of birth, on first day of month and on first day of year a child can face attack by Nanda, a female celestial figure. After her attack, the child gets fever and utters unholy words. He passes out belches and vomits, he does not drink milk as well. These are symptoms of attack by Nanda. To get cure from this, one should follow the ritual suggested above. Obtain wet mud from both the banks of river prepare a puppet out of it. Thereafter, take cooked rice, white flowers, seven flags made of white pieces of cloth, seven earthen lamps, seven marks of *svastika*, seven puddings, seven pieces of *māṣa* (*urada* based eatables), seven pieces of *mustā*, sands, flowers, betel nuts, fish, meat and liquor. Also, get first pick from a pot of cooked rice and keep all these materials in a crossroads in the east direction before noon. After offering this, one should pluck an *aśvattha* leaf and put the same into a pitcher full of water. Citing the *gāyatrī mantra* a child should be bathed with this water. Following this, take garlic pearls, mustard seeds, *śṛingī*, leaves of plant *nimba* and leaves of *bilva*, flowers and eatables (all previously offered to God Śiva) and place them over smokeless fire. It should be followed by the spell '*Om namo rāvaṇāye*'. This ritual should be followed for three consecutive days. On fourth day one should offer meals to the *brahamanas*. These measures eliminates the impact of Nanda.

द्वितीये दिवसे मासे वर्षे वा गृह्णाति सुनन्दा नाम मातृका, तया गृहीतमात्रेण प्रथमं भवित ज्वरः । चक्षुरुन्मीलयति, गात्रमुद्वेजयति, न शेते, क्रन्दति, स्तन्यं गृह्णाति, आत्कारञ्च करोति ।

बलिं तस्य प्रवक्ष्यामि येन सम्पद्यते शुभम् ।।

तण्डुलं हस्तपृष्ठैकं गृहीत्वा दधि गुडघृतञ्च मिश्रितं शरावकं गन्धताम्बूलं, पीतपुष्पं पीतसप्तध्वजाः, चत्वारः प्रदीपाः, दस स्वास्तिकाः, मत्स्य मांससुराग्रभक्ततिलचूर्णानि पश्चिमायां दिशि चतुष्पथे वलिर्दातव्यो दिनानि त्रीणि सन्धयायां, ततः शान्त्युदकेन स्त्रापयेत् ।

शिवनिर्माल्यसिद्धार्थकमार्जाररोमोशीरबालकघृतैर्धूपं दद्यात् । 'ॐ नमो रावणाय अमुकस्य व्याधि हन हन मुञ्च मुञ्च ह्रीं फट स्वाहा' चतुर्थे दिवसे ब्राह्मणान् भोजयेत् । ततः सम्पद्यते शुभम ।।१८३।।

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183. On second day of birth, on first day of second month and first day of second year. The child faces attack by Sunanda, female celestial agent. As a result the child is first attacked by fever, he keeps his eyes closed, there is a tremor in his body, he does not sleep, he keeps on crying, he does not drink milk and keeps on vomiting. Therefore, to pacify Sunanda one should follow the following ritual. Obtain a palm full cooked rice and add small quantity of milk, jaggery and *ghṛitam* to it. Get one earthen bowl, camphor, clove, smaller cardamom and betel leaves, yellow flowers, seven flags made of yellow pieces of cloth, four earthen lamps, ten *svastika* marks, fish, meat, liquor and also, get first pick from a pot of cooked rice. Place all these materials on a crossroad in western direction. While doing so one should follow the *mantra* '*Om namo rāvaṇāye*'. This ritual should be followed for three consecutive days. On fourth day, the child should be bathed with auspicious water while chanting the above spell.

Following this, take a garland previously offered to Śiva, white mustard seeds, hairs of a cat, *uśīra* and *gandhabālā* compounded with *ghṛitam* and place them over smokeless fire. It should be followed for three consecutive days. On fourth day one should offer meals to the *brahamanas*. These measures eliminate the impact of Sunanda and fever of child.

तृतीये दिवसे मासे वर्षे वा गृह्णाति पूतना नाम मातृका, तया गृहीतमात्रेण प्रथमं भवति ज्वरः, गात्रमुद्वेजयति, स्तन्यं न गृह्णाति, मुष्टिं बध्नाति, क्रन्दति, ऊर्ध्वं निरीक्षते ।
वलिं तस्य प्रवक्ष्यामि येन सम्पद्यते शुभम् ।।
नद्युभयतटमृत्तिकां गृहीत्वा पुत्तलिकां कृत्वा रक्तचन्दनं, गन्धं, ताम्बूलं, सप्त रक्तध्वजाः, सप्त प्रदीपाः, सप्त स्वस्तिकाः, पक्षिमांससुराग्रभक्तञ्च दक्षिणस्यां दिशि अपराह्णे चतुष्पथे बलिर्दातव्यः । शिवनिर्माल्यगुग्गुलुसर्षपनिम्बपत्रमेषशृङ्गैर्दिनत्रयं धूपयेत् । 'ओं नमो रावणाय अमुकस्य व्याधिं हन हन मुञ्च मुञ्च ह्रासय ह्रासय स्वाहा' । एवं दिनत्रयं कार्यम् चतुर्थे दिवसे ब्राह्मणान् भोजयेत् । ततः सम्पद्यते शुभम् ।।१८४।।

184. On third day of birth, on first day of third month and first day of third year. The child faces attack by Putana, a female celestial agent. As a result the child is first attacked by fever, there is a tremor in his body, he keeps on crying, keeps his fingers tightly closed in fist, he does not drink milk and keeps on looking above. Therefore, to pacify Putana one should follow the following ritual.

Obtain wet mud from both the banks of river prepare a puppet out of it. Thereafter, obtain *rakta candana*, aromatic herbs, betel leaves, seven flags made of red pieces of cloth, seven earthen lamps, seven marks of *svastika*, meat of a bird

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and liquor. Also, get first pick from a pot of cooked rice and keep all these materials in a crossroads in the southern direction during afternoon. After that, one should take garland previous offered to God Śiva, *guggulu*, mustard seeds, *nimba* leaves, horn of a ram and powder all of them together. This should be used for smoke therapy on child for three consecutive days in mornings as well as in evenings. While processing this therapy. As well as while offering the above sacrifice one should chant the *mantra* '*Om namo rāvaṇāye*'. This ritual should be followed for three consecutive days. On fourth day one should offer meals to the *brahamanas*. These measures eliminates the impact of Putana.

चतुर्थे दिवसे मासे वर्षे वा गृह्णाति मुखमुण्डिका नाम मातृका । तया गृहीतमात्रेण प्रथम भवति ज्वरः । ग्रीवां नमयति, चक्षुरुन्मीलयति, स्तन्यं न गृह्णाति, रोदिति, स्वपिति, मुष्टि बध्नाति । वलिं तस्य प्रवक्ष्यामि येन सम्पद्यते शुभम् ।।
नद्युभयतटमृत्तिकां गृहीत्वा पुत्तलिकां कृत्वोत्पलपुष्पं, गन्धं, ताम्बुलं, दश ध्वजाः, दीपाक वारः, त्रयोदश स्वस्तिकाः, मत्स्यमांससुराप्रभक्तञ्च उत्तरस्यां दिशि, अपराह्णे बलिर्देयश्चतुष्पथे । ॐ नमों रावणाय अमुकस्य व्याधि हन हन मुञ्च मुञ्च स्वाहा' । चतुर्थे दिवसे ब्राह्मणान् भोजयेत्, ततः सम्पद्यते शुभम् ।।१८५।।

185. On fourth day of birth, on first day of fourth month and first day of fourth year. The child faces attack by Mukhamuṇḍīka, a female celestial agent. As a result the child is first attacked by fever, he bows down his neck, he keeps his eyes closed, keeps on sleeping, he keeps on crying, keeps his fingers tightly closed in fist and he does not drink milk. Therefore, to pacify Mukhamuṇḍīka, one should follow the following ritual.

Obtain wet mud from both the banks of river prepare a puppet out of it. Thereafter, obtain lotus flower, aromatic herbs, betel leaves, ten flags made of plain pieces of cloth, four earthen lamps, 13 marks of *svastika*, fish, meat, liquor and also get first pick from a pot of cooked rice and keep all these materials in a crossroads in the northern direction during afternoon. This ritual should be followed for three consecutive days. On fourth day one should offer meals to the *brahamanas*. These measures eliminates the impact of Mukhamuṇḍīka and the child is comforted.

पञ्चमे दिवसे मासे वर्षे वा गृह्णाति कटपूतना नाम मातृका । तया गृहीतमात्रेण प्रथमं भवति ज्वरः । गात्रमुद्वेंजयति, स्तन्यं न गृह्णाति, मुष्टिं बध्नाति ।
बलिं तस्य प्रवक्ष्यामि येन सम्पद्यते शुभम् ।।

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कुम्भकारचक्रस्य मृत्तिकां गृहीत्वा पुत्तलिकां कृत्वा गन्धताम्बूलं, शुक्लपुष्पं, शुक्लौदनं, पञ्च ध्वजाः पञ्च प्रदीपाः, पञ्च वटकाः, ऐशान्यां दिशि वलिर्दातव्यः । शान्त्युदकेन स्नापयेत् । शिवनिर्माल्यसर्पनिर्मोकगुग्गुलुनिम्बपत्रबालकघृतैर्धूपं दद्यात् । ॐ नमो रावणाय अमुकस्य व्याधिं चूर्णय चूर्णय हन हन स्वाहा' । चतुर्थदिवसे ब्राह्मणान् भोजयेत् । ततः सम्पद्यते शुभम् ।।१८६।।

186. On fifth day of birth, on first day of fifth month and first day of fifth year. The child faces attack by Kataputana, a female celestial agent. As a result the child is first attacked by fever, his body tremors, keeps his fingers tightly closed in fist and he does not drink milk. Therefore, to pacify Kataputana, one should follow the following ritual.

Obtain wet mud from the potters wheel and prepare a puppet out of it. Thereafter, obtain, white flowers, cooked rice, five flags, five earthen lamps, five *māṣa* based eatables, marks and keep all these materials in a crossroads in the northeastern (*iśan*) direction, while performing this ritual one should continue to chant the *mantra* '*om namo rāvaṇāye*'. The child should be bathed with auspicious water while charging with the same *mantra*. After that, obtain a garland already offered to Śiva, slough of a snake, *guggulu*, *nimba* leaves and *sugandhabālā* powder. Compound them together with *ghṛitam* and smoke treat the child as well. This ritual should be followed for three consecutive days. On fourth day one should offer meals to the *brahamanas*. These measures eliminates the impact of Kataputana and the child is comforted.

षष्ठे दिवसे मासे वर्षे वा गृह्णाति शकुनिका नाम मातृका । तया गृहीतमात्रेण प्रथमं भवति ज्वरः । गात्रभेदञ्च दर्शयति । मुष्टिं बध्नाति । दिवारात्रावुत्थानं भवति, ऊर्ध्वं निरीक्षते । वलिं तस्य प्रवक्ष्यामि येन सम्पद्यते शुभम् ।।
पिष्टकेन पुत्तलिकां कृत्वा शुक्लौदनं, पीतपुष्पं, रक्तपुष्पं, गन्धताम्बूलं, दश दीपाः, दश पीतध्वजाः, दश स्वस्तिकाः, दश वटकाः, क्षीरजम्बुलिकाः, मत्स्यमांससुराः, आग्नेय्यां दिशि निष्क्रान्ते मध्याह्ने वलिर्दातव्यः । शान्त्युदकेन स्नापयेत् । शिवनिर्माल्यरसोनमुग्गुलुसर्पनिर्मोकनिम्बपत्रघृतैर्धूपं दद्यात् । 'ॐ नमो रावणाय अमुकस्य ब्याधिं चूर्णय चूर्णय हन हन स्वाहा' । चतुर्थे दिवसे ब्राह्मणान् भोजयेत्ततः सम्पद्यते शुभम् ।।१८७।।

187. On sixth day of birth, on first day of sixth month and first day of sixth year. The child faces attack by Shakunika, a female celestial agent. As a result the child is first attacked by fever, his body tremors, keeps his fingers tightly closed in fist, all the time he wants to get up and sit and always looks above. Therefore, to pacify Śakunikā, one should follow the following ritual.

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Obtain powder of rice and prepare a puppet out of it. Thereafter, take this puppet, cooked rice of white colour, yellow flowers, red flowers, aromatic herbs, betel leaves, ten earthen lamps, ten flags made up of yellow pieces of cloth, ten marks of *svastika*, ten varieties of *māṣa* based eatables, *māṣa* boiled in milk, fish, meat and liquor and keep all these materials in a crossroads in the south eastern during afternoon. While performing this ritual one should continue to chant the *mantra* '*om namo rāvaṇāye*'. The child should be bathed with auspicious water while charging with the same *mantra*. After that, obtain a garland already offered to Śiva, slough of a snake, *guggulu*, *nimba* leaves and garlic pearls. Compound them together with *ghṛitam* and smoke treat the child as well. This ritual should be followed for three consecutive days. On fourth day one should offer meals to the *brahamanas*. These measures and rituals comfort the child.

सप्तमे दिवसे मासे वर्षे वा यदा गृह्णाति शुष्करे वती नाम मातृका । तया गृहीतंमात्रेण प्रथमं भवति ज्वरः । गात्रमुद्वेजयति मुष्टिं बध्नाति, रोदिति ।
वलिं तस्य प्रवक्ष्यामि येन सम्पद्यते शुभम् ।।
रक्तपुष्पं, शुक्लपुष्पं, गन्धताम्बूलं, रक्तौदनं, कृशराः, त्रयोदश स्वस्तिकाः, त्रयोदश शुष्कुलिकाः, जम्बुलिकाः, मत्स्यमांससुराः, त्रयोदश ध्वजाः, पञ्च प्रदीपाः पश्चिमायां दिशि ग्रामनिष्काशेऽपराह्णे बृक्षमाश्रित्य वलिर्दातव्यः, शान्त्युदकेन स्नापयेत्, गुग्गुलुभेषशृङ्गसर्षपोशीरबालकघृतैर्धूपं दद्यात् । ॐ नमो रावणाय दीप्ततेजसे हन हन मुञ्च मुञ्च स्वाहा' । चतुर्थे दिवसे ब्राह्मणान् भोजयेत् । ततः सम्पद्यते शुभम् ।।१८८।।

188. On seventh day of birth, on first day of seventh month and first day of seventh year. The child faces attack by Shushk*Revatī*, a female celestial agent. As a result the child is first attacked by fever, his body tremors, keeps his fingers tightly closed in fist and keeps on crying. Therefore, one should follow the following ritual.

Obtain wet red flowers, white flowers, aromatic herbs, betel leaves, cooked rice of red colour, *kṛiścra*, 13 marks of *svastika*, 13 pieces of puddings, boiled beans of *urada*, fish, meat, liquor, 13 flags, five earthen lamps and keep all these materials in a crossroads near village or town in the western direction during afternoon. While performing this ritual one should continue to chant the *mantra* '*om namo rāvaṇāye*'. The child should be bathed with auspicious water while charging with the same *mantra*. After that, obtain a garland already offered to Śiva, *guggulu*, horn of a ram, mustard seeds, *uśīra* and *netrabālā*. Compound them together with *ghṛitam* and smoke treat the child as well. This ritual should be

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followed for three consecutive days. On fourth day one should offer meals to the *brahamanas*. These measures and rituals comfort the child.

अष्टमे दिवसे मासे वर्षे वा गृह्णाति अर्य्यका नाम मातृका । तया गृहीतमात्रेण प्रथमं भवति ज्वरः, गृध्रगन्धः पूतिगन्धश्च जायते । आहारं न गृह्णाति, गात्राण्युद्वेजयति ।
वलिं तस्य प्रवक्ष्यामि यतः सम्पद्यते शुभम् ।।
रक्तपीतध्वजाः, चन्दनं, पीतपुष्पं, शष्कुल्यः, पर्पटिकाः, मत्स्यमांससुराः, जम्बुलिकाः, प्रत्यूषे बलिं दद्यात् । 'ओं नमो रावणाय त्रैलोक्यविद्रावणाय चतुर्दिशमोक्षणाय व्याधिं हन हन मुञ्च मुञ्च दह दह ओं ह्रीं फट् स्वाहा' चतुर्थे दिवसे ब्राह्मणान् भोजयेत् । ततः सम्पद्यते शुभम् ।।१८९।।

189. On eighth day of birth, on first day of eighth month and first day of eighth year. The child faces attack by Ayyaraka, a female celestial agent. As a result the child is first attacked by fever, his body smells like a vulture, his body tremors and he does not drink milk or other meals. Therefore, to pacify Ayyarka, one should follow the following ritual.

Take a few red flags and a few yellow flags, sandalwood, yellow flowers, puddings, *parpaṭīka*, fish, meat, liquor and cooked *urada* beans, These should be offered with the spell '*Om namo rāvaṇāye*' in the morning. This ritual should be followed for three consecutive days. On fourth day one should offer meals to the *brahamanas*. These measures eliminates the impact of Ayyarka and the child is comforted.

नवमे दिवसे मासे वर्षे वा गृह्णाति सूतिका नाम मातृका । तया गृहीतमात्रेण प्रथमं भवति ज्वरः । नित्यं छर्द्दयति, गात्रभेदं दर्शयति, मुष्टिं बध्नाति, निद्राऽतितरां स्यात् ।
वलिं तस्य प्रवक्ष्यामि येन सम्पद्यते शुभम् ।।
नद्युभयतटमृत्तिकां गृहीत्वा पुत्तलिकां निर्माय शुक्लवस्त्रेण वेष्टयेत् । शुक्लपुष्पं, शुक्लौदनं, गन्धताम्बूलं त्रयोदशशुक्लध्वजाः, त्रयोदश प्रदीपाः, त्रयोदश स्वस्तिकाः, त्रयोदश पुत्तलिकाः, मत्स्यमांससुराः, उत्तरदिग्विभागे ग्रामनिष्काशे वलिं दापयेत् । शान्त्युदकेन स्नापयेत् । गुग्गुलुनिम्बपत्रगोधूमगोशृङ्गश्वेतसर्षपघृतैर्धूपं दद्यात् । ॐ नमो रावणाय चतुर्भुजाय हन हन मुञ्च मुञ्च स्वाहा' ।। चतुर्थे दिवसे ब्राह्मणान् भोजयेत् ततः सम्पद्यते शुभम् ।।१९०।।

190. On ninth day of birth, on first day of ninth month and first day of ninth year. The child faces attack by *Sutikā*, a female celestial agent. As a result the child is first attacked by fever, he keeps on vomiting, his body tremors, keeps his fingers tightly closed in fist and he keeps on sleeping. Therefore, to pacify *Sutikā*, one should follow the following ritual.

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Obtain wet mud from both the banks of river prepare a puppet out of it and cover the same with white pieces of cloth. Also take white flowers, cooked rice, aromatic herbs, betel leaves, 13 flags made of white pieces of cloth, 13 earthen lamps, 13 marks of *svastika*, 13 puppets, fish, meat, liquor and the like. Keep all these materials in a crossroads near village in the northern direction during afternoon.

While performing this ritual one should continue to chant the *mantra* '*om namo rāvaṇāye*'. The child should be bathed with auspicious water while charging with the same *mantra*. After that, obtain *guggulu*, *nimba* leaves, wheat grains, horn of a cow and white mustard seeds. Compound them together with *ghṛitam* and smoke treat the child as well. This ritual should be followed for three consecutive days. On fourth day one should offer meals to the *brahamanas*. These measures and rituals comfort the child.

दशमे दिवसे मासे वर्षे वा गृह्णाति निर्ऋता नाममातृका । तया गृहीतमात्रेण प्रथमं भवति ज्वरः । गात्रमुद्वेजयति, आत्कारं करोति, रोदिति, मुष्टिं बध्नाति, मूत्रं पुरीषञ्च भवति ।
वलिं तस्य प्रवक्ष्यामि येन सम्पद्यते शुभम् ।।
पारावारमृत्तिकां गृहीत्वा पुत्तलिकां कृत्वा, गन्धताम्बूलं, रक्तपुष्पं, रक्तचन्दनं, पञ्च पञ्चवर्णध्वजाः, पञ्च प्रदीपाः, पञ्च स्वस्तिकाः, पञ्च पुत्तलिकाः, मत्स्यमांससुराः, वायव्यां दिशि वलिं दद्यात् । काकविष्ठागोमांसगोशृङ्गरसोनमार्जार-रोमनिम्बपत्रघृतैर्धूपयेत् । ॐ नमो रावणाय चूर्णितहस्ताय हन हन मुञ्च मुञ्च स्वाहा' । चतुर्थे दिवसे ब्राह्मणान् भोजयेत् । ततः सम्पद्यते शुभम् ।।१९१।।

191. On tenth day of birth, on first day of tenth month and first day of tenth year. The child faces attack by Nirita, a female celestial agent. As a result the child is first attacked by fever, his body tremors, keeping on vomiting, keeps on crying, keeps his fingers tightly closed in fist and passes urine and stools frequently. Therefore, to pacify Nirita, one should follow the following ritual.

Obtain wet mud from seashore and prepare a puppet out of it. Thereafter, take this puppet along with aromatic herbs, betel leaves, red flowers, red sandalwood, five flags of five different colours, five earthen lamps, five marks of *svastika*, five puppets, fish, meat, liquor and keep these materials in a crossroads in the north western (*vāyavya*) direction. While performing this ritual one should continue to chant the *mantra* '*om namo rāvaṇāye*'. The child should be bathed with auspicious water while charging with the same *mantra*. After that, obtain droppings of a crow, beef, cow horn, garlic pearls, hairs of a cat and *neem* leaves. Compound them together with *ghṛitam* and smoke treat the child as well. This ritual should be

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followed for three consecutive days. On fourth day one should offer meals to the *brahamanas*. These measures and rituals comfort the child.

एकादशे दिवसे मासे वर्षे वा यदा गृह्णाति पिलिपिच्छिका नाम मातृका, तया गृहीतमात्रेण प्रथमं भवति ज्वरः । आहारं न गृह्णाति, ऊर्ध्वदृष्टिर्भवति, गात्रभङ्ग आत्कारश्च भवति ।
वलिं तस्य प्रवक्ष्यामि येन सम्पद्यते शुभम् ।।
पिष्टकेन पुत्तलिकां कृत्वा रक्तचन्दनं रक्तपुष्पं च तस्या मुखं दुग्धेन सिञ्चेत् । पीतपुष्पं, गन्धताम्बूलं सप्त पीतध्वजाः, सप्त प्रदीपाः, अष्टौ वटकाः, अष्टौ शुष्कुलिकाः, अष्टौ पूपिकाः, मत्स्यमांससुराः पूर्वस्यां दिशि वलिर्दातव्यः । शान्त्युदकेन स्नापयेत् ।
शिवनिर्माल्यगुग्गुलुगोशृङ्गसर्पनिर्मोकघृतैर्धूपयेत् ।
ॐ नमो रावणाय अमुकस्य व्याधिं मुञ्च मुञ्च स्वाहा' । चतुर्थे दिवसे विप्रान् भोजयेत् । ततः सुस्थो भवति बालकस्तेन सम्पद्यते शुभम् ।।१९२।।

192. On eleventh day of birth, on first day of eleventh month and first day of eleventh year. The child faces attack by Pilipicchikā, a female celestial agent. As a result the child is first attacked by fever, his body tremors, does not take milk and other meals, keeps on looking above and keeps on vomiting. Therefore, to pacify Piliphichhika, one should follow the following ritual.

Prepare a puppet out of cooked rice. Thereafter, place red sandalwood and red flowers on the mouth of the puppet and irrigate it with milk. Following that, gather aromatic herbs, betel leaves, seven yellow flags, seven earthen lamps, eight varieties of *māṣa* based eatables, eight puddings, fish, meat and liquor. Keep all these materials in crossroads in the eastern direction.

While performing this ritual one should continue to chant the *mantra* '*om namo rāvaṇāye*'. The child should be bathed with auspicious water while charging with the same *mantra*. After that, obtain a garland already offered to Śiva, *guggulu*, horn of a cow and slough of a snake. Compound them together with *ghṛitam* and smoke treat the child as well. This ritual should be followed for three consecutive days. On fourth day one should offer meals to the *brahamanas*. These measures and rituals comfort the child.

द्वादशे दिवसे मासे वर्षे वा यदा गृह्णाति कालिका नाम मातृका, तया गृहीतमात्रेण प्रथमं भवति ज्वरः। विहस्य,वादयति,करेणतर्जयति,गृह्णाति, क्रामति, निश्वसितिमुहुर्मुहुश्छर्दयति, आहारंन करोति ।
वलिं तस्य प्रवक्ष्यामि येन सम्पद्यते शुभम् ।।
क्षीरेण पुत्तलिकां कृत्वा शुक्लकुसुमं, गन्धताम्बूलं, सप्त शुक्लध्वजाः, सप्त शष्कुलिकाः, सप्त प्रदीपाः, करम्भकेण सर्वकर्मबलिं दद्यात् । शान्त्युदकेन स्नापयेत् ।

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श्वेतसर्षपगुग्गुलुशिवनिर्माल्यघृतैर्धूपयेत् । 'ॐ नमो रावणाय अमुकस्य व्याधिं मुञ्च मुञ्च हन हन स्वाहा' । चुतर्थे दिवसे ब्राह्मणान् भोजयेत् ।।१९३।।

193. On twelfth day of birth, on first day of twelfth month and first day of twelfth year. The child faces attack by Kalika, a female celestial agent. As a result the child is first attacked by fever and he speaks smilingly, tries to make the persons around fear using his fingers, he tries to catch anyone all of a sudden, beats his legs and hands, takes heavy breaths, keeps on vomitting and does not take meals. Therefore, to pacify Kalika, one should follow the following ritual.

Prepare a puppet out of a lump obtained through drying milk. Thereafter, take this puppet as well as white flowers, aromatic herbs, betel leaves, seven flags of white colour, seven puddings, seven earthen lamps and rice treated with curd and offer it in sacrifice. While performing this ritual one should continue to chant the *mantra* '*om namo rāvaṇāye*'. The child should be bathed with auspicious water while charging with the same *mantra*. After that, obtain a garland already offered to Śiva, *guggulu* and white mustard seeds. Compound them together with *ghṛitam* and smoke treat the child as well. This ritual should be followed for three consecutive days. On fourth day one should offer meals to the *brahamanas*. These measures and rituals comfort the child.

बालरोगे पथ्यापथ्यानि–

यत्पथ्यं यदपथ्यं च नृणामुक्तं ज्वरादिषु । तत्तद्विवेयमौचित्याद्बालानां तेषु जानता ।।१९४।।

194. The eatables or non-eatables prescribed in chapter like one related to *jvara* (fever) should be followed by both the adults and the children. However, one should take care of the amount.

मनुष्यों के लिये जो पथ्य और अपथ्य ज्वरादि रोग में कहे हैं वे ही पथ्यापथ्य बुद्धि के अनुसार उचित मात्रा में बालकों को देना चाहिये ।।१९४।।

बालानां पारिगर्भिकरोगे पथ्यापथ्यानि–

पूर्वं पथ्यमपथ्यं च मन्दाग्नौ यत् प्रकीर्त्तितम् । औचित्यात्ते भवेतां हि बालानां पारिगर्भिके ।।१९५।।

195. The eatables and non-eatables suggested in chapter related to *mandāgni* (diminished appetite) should be served to the child suffering through *parigarbhik roga*.

बालग्रहगृहीतानां बालानां पथ्यापथ्यानि–

आगन्तून्मादिनां पथ्यमपथ्यं च यदीरितम् । औचित्याद् योजयेत्तत्तद् बालेषु ग्रहरोगिषु ।।१९६।।

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196. The eatables and non-eatables suggested in chapter related to *unmāda* (insanity) should be served to the child suffering through impact of malevolent celestial elements.

इति भैषज्यरत्नावल्यां बालरोगचिकित्साप्रकरणम् ।।७१।।

इति भैषज्यरत्नावल्यां 'विद्योतिनी' नामिकायां भाषाटीकायां बालरोगचिकित्साप्रकरणम् ।।७१।।

End of the Chapter 71 of Bhaiṣajya Ratnāvalī with Commentary

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अथ विषरोगचिकित्साप्रकरणम् ७२

Chapter 72

Treatment of *Viṣa* (poison)

स्थावरविषचिकित्सा–

स्थावरेण विषेणार्त्तं नरं यत्नेन वामयेत् । वमनेन समं नास्ति यतस्तस्य चिकित्सितम् ।।१।।
विषमत्यन्तमुष्णं च तीक्ष्णं च कथितं यतः ।।२।।
औष्ण्यात्तैक्ष्ण्याद् विशेषेण विषं पित्तं प्रकोपयेत् । वमितं सेचयेत्तस्माच्छीतलेन जलेन च ।।३।।
पाययेन्मधुसर्पिर्भ्यां विषघ्नं भेषजं द्रुतम् । भोक्तुमन्नरसं दद्यात् सितया च समन्वितम् ।।४।।

Treatment of Sthavar Viṣa (poisoning through vegetable products):

1-4. If one has been poisoned through a vegetable product, he should first of all made to vomit. There is no as effective measure as vomitting in such cases. Poison is generally very hot in property therefore all cases of poison, the patient should go through cold measures like bathing; as poison is hot and sharp in nature. It also vitiates the *pitta* content. Therefore, once the patient has vomited he should be treated with cold water. Immediately after that, he should take honey and *ghṛitam* along with anti-poison drugs. He should also be served with citrus edibles along with jaggery.

जङ्गमविषचिकित्सा–

अरिष्टाबन्धनं मन्त्रप्रयोगश्च विषापहः । दंशनं दंशकस्याहेः फलस्य मृदुनोऽपि वा ।।५।।

Treatment of Jangama Viṣa (poisoning from animals and animal products):

5. In cases of snakebite, one should tightly tie a string (cotton or silk) approximately four fingers above the bitten spot and call up a learned person who can treat the poison through spells and chanting. If the snake is available around the spot, cut it from the middle or if due to fear one is not able to cut it or if the snake has ran away, in that case, cut any banana fruit, *kamala nāla*, ash gourd or any sweet fruit. The patient should cut the same with his teeth. This removes the effect of poison or at least it would reduce the effect.

जङ्गमविषचिकित्सा–

सर्वैरेवादितः सर्पैः शाखादष्टस्य देहिनः । दंशस्योपरि बध्नीयादरिष्टाश्चतुरङ्गुले ।।६।।
न गच्छति विषं देहमरिष्टाभिर्निवारितम् । दहेद् दंशमथोत्कृत्य यत्र बन्धो न जायते ।।७।।

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6-7. If snake has bitten on branches of the body (in legs or hands), immediately the spot should be tied hard with a string approximately four fingers above the bitten spot. By tying the spot tightly, the poison does not circulate to other parts of the body. If one is not in a position to tie the limb, it is better to cut out the bitten spot with a sharp knife and burn the wound immediately.

मूलं तण्डुलवारिणा पिबति यः प्रत्यङ्गिरासम्भवंनिष्पिष्टं शुचिभद्रयोगादिवसे तस्याहिभीतिः कुतः ।
दर्पदिव फणी यदादशतितंमोहान्वितो मूलपंस्थाने तत्र स एव याति नियतं वक्त्रं यमस्याचिरात् ।।८।।

8. The one who take rice-washing (*taṇḍulodaka*) measuring 120 ml. compounded with *kalka* of *kanataki śirīṣa* (roots) on auspicious days of the *Aśad* month (generally June) is freed from danger of snake poisoning. If a snake bites such kind of a person the snake itself dies.

मसूरं निम्बपत्राभ्यां योऽति मेषगते रवौ । अब्दमेकं न भीतिः स्याद्विषार्त्तस्य न संशयः ।।९।।

9. Take one pea of lentil and wrap it with two *neem* leaves. One has to consume during the period marked by the *Vaiśākha* month (generally April) when the Sun is situated under Aries (*Meś*) zodiac. This measure would remove the danger of snake bite for one year.

धवलपुनर्नवजटया तण्डुलजलपीतयाच पुष्यर्क्षे । अपहरति खलु विषधरोपद्रवमावत्सरं पुंसा ।।१०।।

10. Prepare a *kalka* of white *punarnavā* roots (12 gm.) and dissolve it into rice-washing (*taṇḍulodaka*) measuring 96 ml. Take this solution during the constellation period of *Puṣya nakṣatra* (20 July to 2 August). This measure would remove the danger of snakebite for one year.

गृहधूमो हरिद्रे द्वे समूलं तण्डुलीयकम् । अपि वासुकिना दष्टः पिबेद्दधिघृताप्लुतम् ।।११।।

11. Prepare a compound of the kitchen ash, *haridrā*, *dāru haridrā* and the plant *taṇḍulīya* (together with its roots and leaves). Dissolve this *kalka* into curd and *ghṛitam* and stir the preparation properly. Taking this preparation cures the poisoning of the bite of Vasuki (i.e king of cobras).

कूलिकामूलनस्येन कालदष्टोऽपि जीवति ।।१२।।

12. Take nasal therapy of the preparation obtained through compounding the roots of *kulika* (*viṣamuṣṭi*) along with rice-washing (*taṇḍulodaka*). It cures poisoning from bite of black cobra.

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श्लेष्मणः कर्णगूथस्य वामानामिकया कृतः । लेपो हन्याद्विषं घोरं नृमूत्रसेचनं तथा ।।१३।।

13. The bite of snake can be cured by these two measures as well: 1. Remove out the *kapha* content deposited in mouth through ring finger of left hand and *kalka* the content over the bitten spot. 2. Get a male person urinate on the spot of bite immediately.

शिरीषपुष्पस्वरसे भावितं मरिचं सितम् । सप्ताहं सर्पदष्टानां नस्यपानाञ्जने हितम् ।।१४।।

14. Triturate the powder of seeds of *śigru* plant (1-3 gm.) through the juice of *śirīṣa* flowers for one week. Take nasal therapy of the same or apply the preparation as an *añjana* over eyes or take 1 gm. measure of this powder along with water (50 ml.). It cures poisoning through snakebite.

द्विपलं नतकुष्ठाभ्यां घृतक्षौद्रं चतुष्पलम् । अपि तक्षकदष्टानां पानमेतत् सुखप्रदम् ।।१५।।

15. Combine the powder of *tagara* and *kuṣṭha* measuring 46 gm. each and mix it with 93 gm. each of *ghṛitam* and honey. Taking this preparation cures one from the bite of Takṣak (prince of snakes).

वन्यकर्कोटजं मूलं छागमूत्रेण भावितम् । नस्यं काञ्जिकसम्पिष्टं विषोपहतचेतसः ।।१६।।

16. Churn the powder of wild *karkoṭa* roots along with goats' urine. Properly triturate the powder and dry the preparation. Compound it with *kānji*. This preparation is to be applied through nose of a person fainted due to snake biting. This medicine restores such patients.

पीते विषे स्याद्वमनञ्च त्वक्स्थे प्रदेहसेकादि सुशीतलञ्च ।।१७।।

17. If one has consumed a poison he should vomit out the same through taking honey along with cow dung. If the poison is effecting only bark of the patient one should ointment the affected part with cold herbs. The patient should also bath with cold water.

कपित्थमांसं ससिताक्षौद्रं कण्ठगते विषे । लिह्यादामाशयगते ताभ्यां चूर्णपलं नतात् ।।१८।।

18. If the poison is effecting the throat, the *kalka* of the pulp of plant *kapittha* measuring 25 gm. along with jaggery and honey, both measuring 12 gm. each. Likewise, if the poison is effecting stomach, one should take 12 gm. measure of *tagar* powder along with jaggery and honey both measuring 30 gm. each.

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विषे पक्वाशयगते पिप्पली रजनीद्वयम् । मञ्जिष्ठां च समं पिष्ट्वा गोमूत्रेण नरः पिबेत् ।।१९।।

19. If the poison has effected the *pakvāśaya* (duodenum), one should take 12 gm. measure of mixture of *pippalī*, *haridrā*, *dāruharidrā* and *manjiṣṭhā* powders (taken in equal parts). Compound this mixture with cow urine (50 ml.) and drink the same in measure of 12 gm. along with cow urine (50 ml.) only. This drink provides relief in such poisoning cases.

रजनीसैन्धवक्षौद्रसंयुक्तं घृतमुत्तमम् । पानं मूलविषार्त्तस्य दिग्धविद्धस्य चेष्यते ।।२०।।

20. One should take *haridrā* and rock salt powder measuring 6 gm. each along with 23 gm. measure of honey and 23 gm. measure of *ghṛitam*. It removes the effect of poisoning through consuming *mūla viṣa* (original poisons or one obtained through roots of poisonous herbs) and getting hurt by poisonous arrows.

सितामधुयुतं चूर्णं ताम्रस्य कनकस्य वा । लेहः प्रशमयत्युग्रं सर्वसंयोगजं विषम् ।।२१।।

21. Taking 125 mg. measure of *tāmra bhasma* or *svarṇa bhasma* along with 3 gm. each of jaggery and honey cures poisoning of snake bite.

अङ्कोठमूलनिक्वाथं फाणित सघृतं लिहेत् । तैलाक्तः स्विन्नसर्वाङ्गो गरदोषविषापहः ।।२२।।

22. Take the decoction of plant *angkoṭha* (roots) and re-cook it with *ghṛitam*. Drinking this preparation or using this in massage with oil cures all kinds of poisoning through eatables as well as biting of poisonous creatures.

कटभ्यर्जुनशैरीयशेलुक्षीरिद्रुमत्वचः । कषायकल्कचूर्णाः स्युः कीटलूताविषापहाः ।।२३।।

23. Poisoning through bites of poisonous insects and spiders or the like can be treated with the following measure: decoction of plant *kaṭabhi* (*jyotiṣmatī*) (barks) or plant *śirīṣa* (barks), barks of *arjuna* and *śelu* plants as well as plants exuding latex should be drunk or should be used as a coat over the bitten spot. Optionally, one could use the above ingredients in making a *kalka*. This *kalka* should be used over the bitten point. One could also take powders of the above ingredients and sprinkle the same over the bitten part.

आगारधूममञ्जिष्ठारजनीलवणोत्तमैः । लेपो जयत्याखुविषं कणिकायाश्च पातनम् ।।२४।।

24. Poisoning of the bite of a rat can be cured through coating the *kalka* of kitchen ash, *manjiṣṭhā*, *haridrā* and rock salt. This measure can also remove bulb (*karṇikā*) produced by the bite.

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सोमवल्कोऽश्वकर्णश्च गोजिह्वा हंसपद्यपि । रजन्यौ गैरिकं लेपो नखदन्तविषापहः ।।२५।।

25. Poisoning caused by the bite of nails and teeth of dogs, cats and lions can be cured through coating the *kalka* of *kaṭphala*, *śāla*, *gavajumba*, *hansraja*, *haridrā*, *dāru haridrā* and *svarṇa gairika* with water.

यः कासमर्दपत्रं वदने निक्षिप्यकर्णफूत्कारम् । मनुजोद्दातिशीघ्रंजयति विषं वृश्चिकानां सः ।।२६।।

26. Poisoning of the bite of a scorpio can be cured by exhaling (puffing out) over the bitten spot after chewing leaves and roots of *kaśmarda* in mouth.

उष्णं गव्यघृतं चापि सैन्धवेन समन्वितम् । वृश्चिकस्य विषं हन्ति लेपनात्पर्वतात्मजे !।।२७।।

27. Heat small quantity of cow *ghṛitam* and add rock salt into it. Apply this preparation on the spot bitten by scorpio. This measure would give relief from such poisoning.

संपिष्य वारिणैकत्र सतालं नवसादरम् । वृश्चिकेन कृते दंशे लेपनं विषनाशनम् ।।२८।।

28. Poisoning of the bite of a scoropio can be cured by applying *kalka* of *niśādala* and *haritāla* in water on the bitten spot.

दंशेभ्रामणविधिनावृश्चिकविषहृत्कुठेरपादगुडिका । पुरधूमपूर्वमर्कच्छदमिवपिष्ट्वाकृतो लेपः ।।२९।।

29. Take roots of *tulasī* and prepare small pills by compound it. Apply repeated coatings on the spot bitten by scorpio. It cures the poisoning of scorpio bite in the same way as applying *kalka* of *madāra* leaves and treating with smoke of *guggulu*.

जीरकस्य कृतः कल्को घृतसैन्धवसंयुतः । सुखोष्णो वृश्चिकार्त्तानां सुलेपो वेदनापहः ।।३०।।

30. Slightly heat white cumin seeds and rock salt and apply their combination on the spot bitten by scorpio. This measure would immediately provide relief from its pain.

कुङ्कुमकुनटीकर्कटपलहरितालैःकुसुम्भसंमिलितैः।कृतगुडिकाभ्रामणतो विदष्टगोधाशरटादिविषजित ।।

31. Get *keśara*, *manahśilā*, meat of crab, *haritāla* and powder of *kusum* flower. Compound all these materials in water and prepare small pills. Rotate these pills around the spot bitten by *goha* and *girgit*. This measure would help in alleviating the poisoning of such bites.

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अङ्कोठपत्रधूमो मीनविषं झटिति विघट्टयेच्छृङ्गी । गोधावरटीविषमिव लेपेन कूटकराणिजटा ।।३२।।

32. A person bitten by fish should be treated with smoke produced by leaves of *angkoṭha*. Also, he can be treated with *kalka* prepared by *kuṣṭhakrani* (a famous drug of *Vanga Deś*). It cures poisoning caused by *godha* and *barra*.

लेपइवभेकगरलंशिरीषबीजैःस्नुहीपयःसिक्तैः। हरतिगरलंत्र्यहमशिताऽङ्कोठजटाकुष्ठसंमिलिता।।३३।।

33. Poisoning caused by frog bite gets alleviated as effectively as - applying *kalka* prepared by compounding *śirīṣa* seeds in latex of *snuhī* and drinking the *kalka* of *kuṭaja* (root) and *angkoṭha* (root) for three days.

मरिचमहौषधबालकनागाह्वैर्मक्षिकाविषेलेपः। लालाविषमपनयतोमूलेमिलितेपटोलनीलिकयोः ।।३४।।

34. Applying the *kalka* of black pepper, dried ginger, *sugandhabālā* and *nāgakeśara* cures the poisoning caused by *Mākṣika*. Applying the *kalka* of *parava* and *neem* roots cures the *lala viṣa*.

कुक्कुरविषहरा योगाः–

शिरीषस्य तु बीजं वै स्नुहीक्षीरेण घर्षितम् । तल्लेपेन महादेवि ! तश्येन कुक्कुरजं विषम् ।।३५।।

35. Poisoning caused by dog bite can be cured by applying the *kalka* of seeds of *śirīṣa* compounded in *snuhī's* latex on the spot of bite.

पिष्टतण्डुलमध्यस्थं भक्षितं मेषलोकम् । कुक्कुरस्य विषं हन्ति नात्र कार्या विचारणा ।।३६।।

36. Compound rice and put *meṣa* (*medha*) in the middle of their lumps. Swallowing these lumps would cure the poisoning caused by dog bite.

कनकोदुम्बरफलमिवतण्डुलजलपिष्टंपीतमपहरति।कनकदलद्रवघृतगुडदुग्धपलैकंशुनो गरलम् ।।३७।।

37. Drinking leaves of *dhūstūra* and fruits of *udumbara* with rice-washing (*taṇḍulodaka*) cures poisoning caused by dog bite. Similarly, drinking 48 ml. measure of the mixture of juice of *dhūstūra* leaves, *ghṛitam*, *guḍa* (jaggery) and milk alleviate the poisoning of dog bite.

रजनीयुग्मपत्तङ्गमञ्जिष्ठानागकेशरैः । शीताम्बुपिष्टैरालेपः सद्यो लूताविषं हरेत् ।।३८।।

38. Poisoning caused by spider bite can be treated by applying *kalka* obtained by compounding *haridrā*, *dāru haridrā*, red sandalwood, *manjiṣṭhā* and *nāgakeśara* with cold water.

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कीटदष्टक्रियाः सर्वाः समानाः स्युर्जलौकसाम् ।।३९।।

39. Poisoning caused by leech should be treated according to methods prescribed for poisoning caused by general insects.

दशाङ्गोऽगदः–

वचाहिङ्गुविडङ्गानि सैन्धवं गजपिप्पली । पाठा प्रतिविषा व्योषं काश्यपेन विनिर्मितम् ।
दशाङ्गमगदं पीत्वा सर्वकीटविषं जयेत् ।।४०।।

40. Combine powders of *vacā*, *hingu*, *vāyaviḍanga*, rock salt, *gajapippalī*, *pāṭhā*, *ativiṣa*, dried ginger, *marica* and *pippalī*. The mixture of these powders is known as *Daśāng Agad* and it should be taken in doses of 2-4 gm. with water. This mixture is capable of checking poisoning caused by all types of insects.

अजितागदः–

विडङ्गपाठात्रिफलाऽजमोदाहिङ्गूनि वक्रं त्रिकटूनि चैव ।
तथैव वर्गो लवणस्य सूक्ष्मः सचित्रकः क्षौद्रयुतो विधेयः ।।४१।।
शृङ्गे गवां शृङ्गमयेन चैत्र प्रच्छादितः पक्षमुपेक्षितश्च ।
एषोऽगदः स्थावरजङ्गमानां जेताविषाणामजितो हि नाम्ना ।।४२।।

41-42. Take *vāyaviḍanga*, *pāṭhā*, *triphalā*, *ajamodā*, *hingu*, *tagar*, *trikaṭu*, *pippalī*, all five types of salt, fine powder of *śālakṣān* and mix them in honey. Put this mix in cow's *śṛīnga* and cover the opening of the *śṛīnga* with a lid not other than cow's *śṛīng* only. Keeping it for 15 days, remove out the mix. This preparation is to be taken in doses of 3 gm. with water or milk as *anupāna*. This *Ajit Agada* is capable of curing poisoning caused from vegetable products (*vatsanābha*, *viṣamuṣṭi*, *śankhaviṣa*, etc), animals and animal products (snake, scorpio, etc.)

अपराजिताया मूलं घृतेन त्वग्गतं विषम् । पयसाऽसृग्गतं हन्ति मांसगं कुष्ठचूर्णतः ।।४३।।
अस्थिगं रजनीयुक्तं मेदोगं काकोलीयुतम् । मज्जग पिप्पलीयुक्तं चण्डालीकन्दसंयुतम् ।।४४।।
शुक्रगं हन्ति लौहित्यं तस्माद्देयाऽपराजिता ।।४५।।

43-45. Root of *aparājitā* has to be consumed in all cases of poisoning. The combination of *aparājitā* with different materials cures different types of poisoning. For example, consuming with *ghṛitam* it cures tvattat ??? poisoning, with milk it cures *raktagata* poisoning, with powder of *kuṭaja* it cures *mansgata* poisoning, with turmeric powder it cures *asthigath* poisoning, with powder of

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kākolī it cures *medogat* poisoning, with powder of *pippalī* it cures *majjāgat* poisoning and with *camaralu* it cures *śukragat* poisoning.

महाद्भुतविषघ्नो योगः–

द्वे हरिद्रे शिला तालं कुङ्कुमं मुस्तकं जलैः । गुडिकालेपमात्रेण विषं हन्ति महाद्भुतम् ।।४६।।

46. Prepare a round shaped lump by compounding *haridrā*, *dāru haridrā*, *manahśilā*, *haritāla*, *keśara* and *mustā*. Grind this lump with water and apply the resultant *kalka* on the spot bitten by *sahasa*. It alleviates *sahasa* poison.

घृतमधुनवनीतं पिप्पलीशृङ्गबेरंमरिचमपि तु दद्यात् सप्तमं सैन्धवेन ।
यदि भवति सरोषैस्तक्षुकैर्वाऽपि दष्टोऽगदमिह खलु पीत्वा निर्विषं तत्क्षणेन ।।४७।।

47. Take *ghṛitam*, honey, butter, *pippalī*, dried ginger, black pepper and rock salt. Triturate all these materials together and consume the same. This preparation cures the poisoning caused by an angry *Takṣak* (prince of snakes) very effectively.

नक्तमालफलं व्योषं बिल्वमूलं निशाद्वयम् । सौरसं पुष्पमाजं वा मूत्रं बोधनमञ्जनम् ।।४८।।

48. Compound fruit of *naktamāla*, dried ginger, *pippalī*, *marica*, root of *bilva*, *haridrā*, *dāruharidrā* and *mañjarī* of *tulasī* with urine of goat. Use the *kalka* for doing *añjana* on eyes. The effect of this drug helps to restore the consciousness of a person who was fainted due to snake bite.

जलेन लाङ्गलीकन्दं नस्यं सर्पविषापहम् । वारिणा टङ्गणं पीतमथवाऽर्कस्य मूलकम् ।।४९।।

49. Compound root of *kaṛilhari* with water and obtain the resultant fluid. Inhaling the smell of this fluid and consuming the mix prepared by grounding *lava* of borax and root of *arka* with water, cures poisoning caused by snake bite.

कूलिकादिवटिका–

कूलकिः सप्तपर्णश्च कुष्ठं तोलकसम्मितम् । माषमानं तथा दारु मर्दयेदर्कवारिणा ।।५०।।
सर्षपाभां वटीं कृत्वा योजयेत्पयसा सह । अपि तक्षकदष्टञ्च मृतकल्पं हतस्वरम् ।।५१।।
पुनः सञ्जीवयेदाशु सर्वक्ष्वेडविनाशिनी । कूलिकादिर्वटी हन्ति ज्वरांश्च विषमांस्तथा ।।५२।।

50-52. Kulikādi Vaṭikā:

Ingredients: *Kulika* (root), *saptaparṇa* (bark), *kuṭaja*, purified *śankhaviṣa* and decoction of *arka's* root.

Process of Drug-Making: Take powders measuring 12 gm. each of *kulika* (root), *saptaparṇa* (bark) and *kuṭaja* along with purified *śankhaviṣa* (1 gm.).

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Triturate these powders with decoction of *arka's* root and prepare pills similar to the size of mustard seeds.

Method of use/Administration: This *Kulikādi vaṭī* is to be taken with milk.

Therapeutic benefits: The effect of this medicine cures a person who has almost died (motionless body) due to the bite of a *takṣak* (prince of snakes). It also checks all types of poisoning and *viṣamjvars*.

भीमरुद्रो रसः (र. सा. स.)–

सूतराज्स्य तोलैकं गन्धकस्य तथैव च । अभ्रात कर्षं ततो देयं तोलैकं कान्तलौहकम् ।।५३।।
परोक्तेनौषधेनैव भावयेच्च पृथक्-पृथक् । विशालाबृहतीब्राह्मी सौगन्धिकसुदाडिमैः ।।५४।।
मर्कट्याश्चात्मगुप्तायाः स्वरसेन पृथक्-पृथक् । एकरक्तिकमानेन वटिकां कारयेद् भिषक् ।।५५।।
वटीमेकां भक्षयित्वा पिबेच्छीतजलन्ततः । भीमरूद्रो रसो नाम चासाध्यमपि साधयेत् ।
कुक्कुरस्य शृगालस्य विषं हन्ति सुदुस्तरम् ।।५६।।

53-56. Bhimarudra Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, *abhraka bhasma*, *kānta lauha bhasma*, juices and decoctions of *indrayava*, bigger *vyāghrī*, *brāhmī*, *nīlakamal*, pomegranate, *apāmārga* and *ātmaguptā*.

Process of Drug-Making: Obtain the following materials: 1 part each of purified *pārada*, purified *gandhaka*, *abhraka bhasma* and *kānta lauha bhasma*. Prepare *kajjalī* out of these materials. Impregnate the *kajjalī* separately with juices and decoctions of *indrayava*, bigger *vyāghrī*, *brāhmī*, *nīlakamal*, pomegranate, *apāmārga* and *ātmaguptā*. Prepare pills in measurement of 125 mg. each.

Method of use/Administration: This *Bhimrudra Rasa* is to be taken in doses of one pill. Drink cold water after consuming the pill.

Therapeutic benefits: This medicine is capable of curing evening the difficult disorders and cures the poisoning caused by the bite of dog and *śrīgal*.

(*Rasendra Sār Sangraha*)

विषवज्रपातो रसः (र. सा. स.)–

निशां सटङ्गञ्च सजातिकोषं तुत्थं समांशं कुरु देवदाल्याः ।
रसेन पिष्ट्वा विषवज्रपातो रसो भवेत् सर्वविषापहन्ता ।।५७।।
निष्कोऽस्य सञ्जीवयति प्रयुक्तोनृमूत्रयोगेन च कालदष्टम् ।
जटाविषेणाकुलितं तथाऽन्यैर्विषैर्नरं चाशु तथाऽऽतुरं च ।।५८।।

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57-58. Viṣa Vajra pāka Rasa:

Ingredients: *Haridrā*, purified *tañkaṇa*, *jātīkoṣa*, purified *nīlatuttha* and juice or decoction of *devadāli*.

Process of Drug-Making: Take equal parts of *haridrā*, purified *tañkaṇa*, *jātīkoṣa* and purified *nīlatuttha*. Ground them into fine powder and impregnate the powder with juice or decoction of *devadāli*. Triturate the same and store it in glass bottle.

Method of use/Administration: This *Viṣavajrapat* is to be taken in doses of 1 gm. along with *naramūtra* as *anupāna*.

Therapeutic benefits: This medicine is effective in curing the poisoning caused by black snake. It also provides life saving cure to persons suffering severely from the poisoning of root poison of various plants and any other poisons.

(*Rasendra Sār Sangraha*)

भीमरुद्रो रसोऽन्याः–

मनःशिलालमरिचैर्दारुणा दरदेन च । अपामार्गस्य हेम्नश्च हयमारशिरीषयोः ।।५९।।
मूलै रुद्राक्षतोयेन विष्णुक्रान्ताऽम्बुना ततः । शतधा भावितैः कुर्याद् वटिका मुद्गसम्मिताः ।।६०।।
व्यालदष्टं पीतविषं निरिन्द्रियमचेतनम् । पुनः सञ्जीवयेदेष भीमरुद्रामिधो रसः ।।६१।।

59-61. Bhimarudra Rasa (Second Recipe):

Ingredients: Purified *manahśilā*, *haritāla*, black pepper, purified *śankhaviṣa*, purified *hiñgula*, root of *apāmārga*, root of *dhūstūra*, root of *karavīra*, bark of *śirīṣa*, decoction of *rudrākṣa* and juice or decoction of *aparājitā*.

Process of Drug-Making: Take 12 gm. each of purified *manahśilā*, *haritāla*, black pepper, purified *śankhaviṣa*, purified *hiñgula*, root of *apāmārga*, root of *dhūstūra*, root of *karavīra* and bark of *śirīṣa*. Impregnate the mix separately and for 100 times each with both types of decoction of *rudrākṣa* and with juice or decoction of *aparājitā*. Following this, prepare pills similar to the size of *mudga*.

Method of use/Administration: Consume this medicine in doses of one pill with milk.

Therapeutic benefits: This *Bhimrudra Rasa* restores the consciousness of persons who have been fainted by the poison of *vyal* snake and consuming any poison.

तण्डुलीयकघृतम्–

तण्डुलीयकमूलेन गृहधूमेन चैकतः । क्षीरेण च घृतं सिद्धं समस्तविषरोगनुत् ।।६२।।

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62.Taṇḍuliyaka Ghṛitam:

Ingredients: *Mūrcchita* cow *ghṛitam*, goat milk, root of *taṇḍulīya*, kitchen ash and water.

Process of Drug-Making: Get 1 litre (approx.) measure of *mūrcchita* cow *ghṛitam*, 4 litres (approx.) measure of goat milk and *kalka* materials - root of *taṇḍulīya* (120 ml.) and kitchen ash (120 gm.) along with water (4 litres approx.). Combine all these materials and methodologically cook them to obtain medicinal *ghṛitam*.

Method of use/Administration: Consume this *ghṛitam* in doses of 6 gm. to 12 gm. along with lukewarm milk.

Therapeutic benefits: Drinking such medication helps in alleviating all types of poisoning.

मृत्युपाशच्छेदिघृतम्–

अभयां रोचनां कुष्ठमर्कपत्रं तथोत्पलम् । नलवेतसमूलानि गरलं सुरसां तथा ।।६३।।
सकलिङ्गां समञ्जिष्ठामनन्ताञ्च शतावरीम् । शृङ्गाटकं समङ्गाञ्च पद्मकेशरमित्यपि ।।६४।।
कल्कीकृत्यपचेत्सर्पिःपयोदद्याच्चतुर्गुणम् । सम्यक्पक्वेऽवतीर्णेच शीते मधु विनिक्षिपेत् ।।६५।।
खर्पिस्तुल्यं भिषक् क्षौद्रं कृतरक्षं निधापयेत् । विषाणि हन्ति दुर्गाणि गरदोषकृतानि च ।।६६।।
स्पर्शाद्धन्ति विषं सर्वं गरैरुपहतां त्वचम् । योगजं तमकं कण्डूं मांससादं विसंज्ञताम् ।।६७।।
नाशयत्यञ्जनाभ्यङ्गपानवस्तिषु योजितम् । सर्पकीटाखुलूतादिदष्टानां विषहृत्परम् ।।६८।।

63-68. Mṛityupāśacchedi Ghṛitam:

Ingredients: *Mūrcchita* cow *ghṛitam*, cow milk, *haraḍa*, *gorocana*, *kuṭaja*, leaves of *arka*, *nīlakamal*, root of *nala*, root of *vetra*, *vatsanābha viṣa*, *tulasī*, *indrayava*, *manjiṣṭhā*, *anantamūla*, *śatāvarī*, *śṛīngāṭa*, root of *lajjālu*, *kamala keśara*, water and honey.

Process of Drug-Making: Take the following materials: *mūrcchita* cow *ghṛitam* (1 kg.), cow milk (4 litres), *kalka* prepared out of the powders of *haraḍa*, *gorocana*, *kuṭaja*, leaves of *arka*, *nīlakamal*, root of *nala*, root of *vetra*, *vatsanābha viṣa*, *tulasī*, *indrayava*, *manjiṣṭhā*, *anantamūla*, *śatāvarī*, *śṛīngāṭa*, root of *lajjālu* and *kamala keśara*(15 gm. each). Also take water measuring 4 litre. Combine all these materials and cook the preparation methodologically to obtain medicinal *ghṛitam*. When the *ghṛitam* gets cool down to atmospheric temperature, add to it 1 kg. measure of honey and preserve it.

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Method of use/Administration: Use this *ghṛitam* for *añjana*, massage, *pan* and *basti* therapies.

Therapeutic benefits: Its effect cures severe poisoning and *garadoṣaj* (*sanyogaj*) poisoning. The touch and coating of this medicine cures the bark damaged by poisoning (*viṣa sansarga*). It also checks disorders like *tamak*, *śvāsa*, *kaṇḍu*, damage to the flash and *dhātu*, and fainting caused by *yogaja viṣa*. It cures poisoning caused by the bite of snake, poisonous insects, rat and spiders etc.

शिखरिघृतम्–

शिखरिस्वरसेनैव कल्कान् दत्त्वा च दाडिमम् । कुष्ठमेलाद्वयं शृङ्गीं शिरीषममृतं वचाम् ।।६९।।
परशू पारिभद्रञ्च चन्दनं तगरं मुराम् । पचेत्सर्पिस्त्वसलिलं मन्दमन्देन वह्निना ।।७०।।
घृतमेतन्निहन्त्याशु निखिलान् विषजान् गदान् । सन्निपातज्वरं घोरं ज्वरांश्च विषमांस्तथा ।।७१।।

69-71.Śikhari Ghṛitam:

Ingredients: *Mūrcchita* cow *ghṛitam*, juice or decoction of *apāmārga*, peel of pomegranate, *kuṭaja*, smaller cardamom, bigger cardamom, *karkaṭaśṛingī*, bark of *śirīṣa*, *vatsanābha viṣa*, *vacā*, *kudaliya*, *kudaliya*, bark of *pāribhadra*, red sandalwood, *tagar*, *murāmānsī* and water.

Process of Drug-Making: Take the following materials: *mūrcchita* cow *ghṛitam* (1 kg.), juice or decoction of *apāmārga* (4 litres), *kalka* prepared out of peel of pomegranate, *kuṭaja*, smaller cardamom, bigger cardamom, *karkaṭaśṛingī*, bark of *śirīṣa*, *vatsanābha viṣa*, *vacā*, *kudaliya*, *kudaliya*, bark of *pāribhadra*, red sandalwood, *tagar* and *murāmānsī*(17 gm. each). Without taking water, combine all these materials and cook the preparation methodologically on a slow heat to obtain medicinal *ghṛitam*.

Method of use/Administration: Consume this *ghṛitam* in doses of 6-12 gm. along with milk.

Therapeutic benefits: This *ghṛitam* is capable of curing all types of disorders caused due to poisoning, severe *sannipātta* fever and all types of *viṣam jvara*.

शिरीषारिष्टम्–

पचेत्तुलाऽर्द्धं द्विद्रोणे शिरीषस्य जले सुधीः । पादशेषे कषायेऽस्मिन् क्षिपेद् गुडतुलाद्वयम् ।।७२।।
कृष्णाप्रियङ्गुकुष्ठैलानीलिनीनागकेशरम् । रजन्यौ पलमानेन दद्यादत्र च नागरम् ।।७३।।
मासादूर्ध्वं जातरसं यथामात्रं प्रयोजयेत् । शिरीषारिष्टमित्येतद् विषव्याधिविनाशनम् ।।७४।।

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72-74. Śirīṣariṣṭam:

Ingredients: *Śirīṣa* (bark), water, *pippalī*, *priyangu* flower, *kuṣṭha*, smaller cardamom, root of *nīla*, *nāgakeśara*, *haridrā*, *dāruharidrā* and dried ginger.

Process of Drug-Making: Take 2335 gm. measure of *śirīṣa* (bark). Thickly pulverize this bark and decoct it 26 litre measure of water. Decoct the preparation until its original quantity is reduced to one fourth. Filter the same and add to it 9340 gm. measure of jaggery along with 46 gm. measure of powders each of *pippalī*, *priyangu* flower, *kuṣṭha*, smaller cardamom, root of *nīla*, *nāgakeśara*, *haridrā*, *dāruharidrā* and dried ginger. Collect this mix in a pitcher that has been coated with *ghṛitam* and treated with the smoke (*dhūpan*) therapy. Store the filled pitcher for one month. After one month take out the compund and filter.

Method of use/Administration: Consume this medicine in doses of 12-25 ml. along with same quantity of water. Daily consume this medicine for two to three times.

Therapeutic benefits: This *Śirīṣaṛistha* cures all types of disorders caused by poisoning.

विषरोगे पथ्यापथ्यानि–

अरिष्टाबन्धनं मन्त्रक्रिया छर्दिविरेचनम् । कर्षणं शोणिताकृष्टिः परिषेकोऽवगाहनम् ।।७५।।
हृदयावरणं नस्यमञ्जनं प्रतिसारणम् । उद्वर्त्तनं प्रधमनं प्रलेपो वह्निकर्म च ।।७६।।
उपधानं प्रतिवर्षिं धूपः संज्ञा प्रबोधनम् । शालयः षष्टिकाश्चापि कोरदूषाः प्रियङ्गवः ।।७७।।
मुद्गा हरेणवस्तैलं सर्पिर्जीर्णं नवं तथा । शिखितित्तिरिलावैणगोधाखुश्वाविदामिषम् ।।७८।।
वार्त्ताकुकुलकं धात्रीनिष्पावं तण्डुलीयकम् । मण्डूकपर्णी जीवन्ती सुनिषण्णोऽप्युपोदिका ।।७९।।
कालशाकं सलशुनं दाडिमं च विकङ्कतम् । प्राचीनामलकं पथ्या कपित्थं नागकेशरम् ।।८०।।
गोछागनरमूत्राणि तक्रं शीताम्बु शर्करा । अविदाहीनि चान्नानि सैन्धवं मधुकुङ्कुमम् ।।८१।।
पश्चिमोत्तरवाताश्च हरिद्रा सितचन्दनम् । मुस्तं शिरीषः कस्तूरी तिक्तानि मधुराणि च ।।८२।।
हेमचूर्णं च वर्गोऽयं यथाऽवस्थं यथाविषम् । विषरोगेषु सर्वेषु प्रयोक्तव्यो विजानता ।।८३।।

75-83. The following measures and products should be used according to the condition and concentration of poison for treating patients suffering from poisoning: *ariṣṭa bhandan*, use of spells and chanting (*tañtra mantra*), *vamana*, *virecana*, *karṣana* of *doṣas*, pulling poisoned blood with *singhi* and the like, *pariṣecana*, *jalāvagāhan*, covering the heart, *nasya* (snuff), *añjana*, *majjān*, *udvartana* (pasting), *pradhamana*, *pralepa*, *dāhakarma*, seating by the side of cushions, smoke therapy, taking *śāli* and *ṣaṣṭhi* variety of rice, *kodarvā*, *priyangu*, *mudga*, pea, oil, old or fresh *ghṛitam*, meats of peacock, *tittira* (partridge), *lāvaka*,

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deer, *godhā*, rat and horse, *kālśāka*, garlic pearls, *dāḍima*, brinjal, *āmalakī*, *pathyā*, *kapittha*,*nāgakeśara*, *kapittha*, *nāgakeśara*, urines of cow, goat and human, buttermilk, cold water, sugar, edibles which don't produce burning sensation, rock salt, westerly and northern winds, *haridrā*, white sandalwood, *mustā*, *siras*, *kastūrī*, bitter and sweet products and *svarṇa bhasma*.

क्रोधं विरूद्धाध्यशनं व्यवायं ताम्बूलमायासमपि प्रवातम् ।
अम्लं च सर्वं लवणं च सर्वं स्वेदं च नानाविधमासुतानि ।।८४।।
निद्रां भयं धूमविधिं क्षुधां च विषातुरो नैव भजेत् कदाचित् ।।८५।।

84-85. The following measures and products should be avoided for some time during poison effected period and later: anger, incompatible meals, *ādhyaśāna*, intercourse, *tāmbūla*, labour, heavy winds, all types of *āmla* and salty foods, *svedana*, all types of pickles, sleeping (*śayan*), fear, smoking and remaining hungry.

इति भैषज्यरत्नावल्यां विषरोगचिकित्साप्रकरणम् ।।७२।।
इति भैषज्यरत्नावल्यां 'विद्योतिनी' नामिकायां भाषाटीकायांविषरोगचिकित्साप्रकरणम् ।।७२।।

End of the Chapter 72 of Bhaiṣajya Ratnāvalī with Commentary

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अथ रसायनप्रकरणम् ७३

Chapter 73
Rasāyaṇa

यज्जराव्याधिविध्वंसि भेषजं तद्रसायनम् ।।१।।

1. The drugs which minimizes the impact of old age and prevents diseases is known as *rasāyaṇa* (stimulant and energizer).

पूर्वे वयसि मध्ये वा शुद्धकायः समाचरेत् । नाविशुद्धशरीरस्य युक्तो रासायनो विधिः ।
न भाति वाससि म्लिष्टे रङ्गयोग इवार्पितः ।।२।।

2. One should consume *rasāyaṇa*, during the start of teenage, at youth and in the middle years only after getting ones body purified through *vamana* and *virecana* therapies. Without carrying out *vamana* and *virecana* therapies, the body cannot be purified. It is similar to a dirty cloth, which does not catches colours properly even after colouring. Therefore, *rasāyaṇa* should be consumed only after purifying one's body.

दीर्घमायुः स्मृतिं मेधामारोग्यं तरुणं वयः । प्रभावर्णस्वरौदार्यं देहेन्द्रियबलोदयम् ।।३।।
वाक्सिद्धिं वृषतां कान्तिमवाप्नोति रसायनात् । लाभोपायो हि शस्तानां रसादीनां रसायनम् ।।४।।

3-4. Consumption of *rasāyaṇa* helps in promoting longevity, memory power, intellect, health, feeling of youth, attractive complexion, speaking power, strengthens all senses, handsomeness and glow.

त्रिफलारसायनम् (च. द.)–

जरणान्तेऽभयामेकां प्राग्भुक्ते बिभीतके । भुक्त्वा तु मधुसर्पिर्भ्यां चत्वार्यामलकानि च ।।५।।
प्रयोजयेत्समामेकां त्रिफलाया रसायनम् । जीवेद् वर्षशतं पूर्णमजरोऽव्याधिरेव च ।।६।।

5-6. Triphalā Rasāyaṇam:

One should take one *haraḍa* after digestion of meals, two *vibhītakas* before eating meals and four *āmalakīs* with *ghṛitam* and honey after taking meals. The method is known as *Triphalā Rasāyaṇa* and if a person strictly follows this system for one year, then he would be able to lessen the impact of old age and can live upto 100 years without getting any disease.

(Cakradatt)

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भृङ्गराजरसायनम्–

ये मासमेकं स्वरसं पिबन्ति दिने दिने भृङ्गरजःसमुत्थम् ।
क्षीराशिनस्ते बलवर्णयुक्ताः समाः शतं जीवितमाप्नुवन्ति ।।७।।

7. Bhṛingarāja Rasāyaṇam:

Persons, who drink 46 ml. juice of *bhṛingarāja* for one month and drink only milk when they feel hungry, become more powerful and more charming. They have a propensity to live for 100 years.

चत्वारि रसायनानि–

मण्डूकपर्ण्याः स्वरसः प्रयोज्यःक्षीरेण यष्टीमधुकस्य चूर्णम् ।
रसो गुडूच्यास्तु समूलपुष्प्याःकल्कः प्रयोज्यः खलु शङ्खपुष्प्याः ।।८।।
आयुःप्रदान्यामयनाशनानि बलाग्निवर्णस्वरवर्द्धनानि ।
मेध्यानि चैतानि रसायनानि मेध्या विशेषेण तु शङ्खपुष्पी ।।९।।

8-9. 1. Juice of *manḍukaparṇī* (22 ml.) 2. powder of *madhuyaṣṭī* (5 gm.) with milk 3. juice of *guḍūcī* (23 ml.) and 4. *kalka* of *śankhapuṣpī* (12 gm.) made along with its root and flowers. The above mentioned materials are proved *rasāyaṇa* which are very much helpful in promoting longevity, curing diseases, promoting digestive power, developing complexion (*śobhā* or colour), developing speaking power, increasing intellect (*medhya*) and are energizing *rasāyaṇa*. Among these four stimulants, *śankhapuṣpī* has special significance for *meśya*.

अश्वगन्धारसायनम्–

पीताऽश्वगन्धा पयसाऽर्द्धमासंघृतेन तैलेन सुखाम्बुना वा ।
कृशस्य पुष्टिं वपुषो विधत्ते बालस्य सस्यस्य यथाऽम्बुवृष्टिः ।।१०।।

10. Aśvagandhā Rasāyaṇam:

Consuming powder of *aśvagandhā* (5 gm.) with milk (250 ml.), *ghṛitam* (10 gm), oil (10 ml.) and lukewarm water for fifteen days, significantly develops a lean and thin body in the same way as small paddy plants quickly grow from soil.

धात्रीतिलान् भृङ्गरजोविमिश्रान् ये भक्षयेयुर्मनुजाः क्रमेण ।
ते कृष्णकेशा विमलेन्द्रियाश्च निर्व्याध्यो वर्षशतं भवेयुः ।।११।।

11. Persons who consume powders of *āmalakī*, black sesame and *bhṛingarāja* daily according to *rasāyaṇa vidhi*, those persons would have black hair, perfect sense powers, become free from diseases and live upto 100 years.

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वृद्धदारकमूलानि श्लक्ष्णचूर्णानि कारयेत् । शतावर्या रसेनैव सप्तवारांश्च भावयेत् ।।१२।।
अक्षमात्रन्तु तच्चूर्णं सर्पिषा सह योजयेत् । मासमात्रोपयोगेन मतिमाञ्जायते नर ।
मेधावी स्मृतिमांश्चैव बलीपलितवर्जितः ।।१३।।

12-13. Impregnate powder of *vṛiddhadāraka* (root) for seven times with juice of *śatāvarī*. Triturate it and dry. This compound is to be taken in doses of 12 gm. (modern dose 2 gm.) along with *ghṛitam*. In this way, consuming this compound for one month makes one clever, intellect, develops memory power and gets free from the worry of becoming lean and thin.

हस्तिकर्णरजः खादेत प्रातरुत्थाय सर्पिषा । यथेष्टाहारचेष्टोऽपि सहस्त्रायुर्भवेन्नरः ।।१४।।
मेधावी बलवान् कामी स्त्रीशतानि व्रजत्यसौ । मधुनात्वश्ववेगः स्याद् बलिष्ठः स्त्रीसहस्त्रगः ।
मन्त्रश्चासौ प्रयोक्तव्यो भिषजा चाभिमन्त्रणे ।।१५।।
ॐ नमो महाविनायकाय अमुकं रक्ष-रक्ष मम फलसिद्धिं देहि रुद्रवचनेन स्वाहा ।।१६।।

14-16. Consuming powdered root of *hastikarṇa* with *ghṛitam* daily in the morning hours before taking desired meals helps a person to live for one thousand years. He also become intellect, powerful and acquires immense sex power to intercourse even with 100 women. If the same is consumed with honey, the person becomes swift like a horse, powerful and capable of making sex with 1000 women. Before consuming this stimulant, one should first adorn it with the following *mantra*: '*om namo mahāvinayakaya*'

पथ्यारसायनम् (च. द.)–
गुडेन मधुना शुण्ठ्या कृष्णया लवणेन वा । द्वे द्वे खादन् सदा पथ्ये जीवेद्वर्षशतं सुखी ।।१७।।

17. Pathyā Rasāyaṇam:

Consuming any one of the following daily with *haraḍa* makes one to live happily for over 100 years: one year old jaggery, honey, dried ginger, *pippalī* and rock salt.

(Cakradatt)

पिप्पलीरसायनम् (च. द.)
पञ्चाष्टौ सप्त दश वा पिप्पलीः क्षौद्रसर्पिषा । रसायनगुणान्वेषी समामेकां प्रयोजयेत् ।।१८।।
किंशुकक्षारभावितपिप्पलीरसायनम् (च. द.)–
तिस्त्रस्तिस्त्रस्तु पूर्वाह्णे भुक्त्वाऽग्रे भोजनस्य च । पिप्पल्यः किंशुकक्षारभाविता घृतभर्जिताः ।।१९।।
प्रयोज्या मधुसंमिश्रा रसायनगुणैषिणा । जेतुं कासं क्षयं शोषं श्वासं हिक्कां गलामयम् ।।२०।।
अर्शांसि ग्रहणीदोषं पाण्डुतां विषमज्वरम् । वैस्वर्यं पीनसं शोथं गुल्मं वातबलासकम् ।।२१।।

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18-21. Pippalī Rasāyaṇam:

Powder five, eight, seven or 10 numbers of *pippalī* (as per requirement) and consume it with honey and *ghṛitam* (in unequal parts). Carry on this med19-21.ication for one year to get the results.

Kinśukakṣārabhavita Pippalī Rasāyaṇam:

The person who wish to have good *rasāyaṇa* or stimulants, can go for the following: Take *pippalī* and impregnate in the fluid of *palāśa kṣāra*. Fry these *pippalīs* in *ghṛitam*. Consuming three *pippalīs* before taking meals and three *pippalīs* after finishing meals with *ghṛitam* helps in alleviating indispositions like cough, *kṣaya*, *śoṣa śvāsa*, *hikkā*, problems of throat, *arśa*, disorders of *grahaṇī*. *pāṇḍu*, *viṣam jvara*, hoarseness of voice, *pīnas*, *śotha*, *gulma* and *vatavalasak*.

(Cakradatt)

गुडूच्यपामार्गविडङ्गशङ्खिनी वलाऽभयाकुष्ठशतावरी समा ।
घृतेन लीढा प्रकरोति मानवं त्रिभिर्दिनैः श्लोकसहस्रधारिणम् ।।२२।।

22. Take equal powders of *guḍūcī*, *apāmārga* (root), *vāyaviḍanga*, *śankhapuṣpī*, *vacā*, *harītakī*, *kuṭaja* and *śatāvarī*. Consume this powder along with *ghṛitam* for three days. The effect of this *rasāyaṇa* develops one's memory power to remember even one thousand *ślokas*.

व्यङ्गवलीपलितघ्नं पीनसवैस्वर्यश्वासकासहरम् । रजनीक्षयेऽम्बुनस्यं रसायनं दृष्टिजननञ्च ।।२३।।

23. Taking nasal therapy of water before sunrise and after the end of night is considered to be very much helpful in alleviating *vyanga*, *vali palit*, *pīnas*, hoarseness in voice, *śvāsa* and cough. It also makes one more attractive and it yields energizing effects.

अम्भसः प्रसृतीनष्टौ रवावनुदिते पिबन् । वातपित्तगदान् हत्वा जीवेद्वर्षशतं नरः ।।२४।।

24. Getting up and doing gargle even before the sunrise and drinking 6 litre measure of water daily helps in curing *vāta* and *pitta* generated disorders. It also helps one to live for one hundred years.

आमलकीरसायनम्–

धात्रीचूर्णस्य कंसं स्वरसपरिगतं क्षौद्रसर्पिः समांशंकृष्णामानीसिताऽष्टप्रसृतयुतमिदं रक्षितं भस्मराशौ ।
वर्षान्तेतत्समश्नन्भवतिविपलितोरूपवर्णप्रतापैर्निर्व्याधिर्बुद्धिमेधास्मृतिवचनबलस्थैर्यसत्त्वैरुपेतः ।।२५।।

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25. Āmalakī Rasāyaṇam:

Take fine powder of *āmalakī* (3 kg.) and thoroughly impregnate with its juice for 21 times. Triturate it properly and add to it honey (3 kg.), *ghṛitam* (3 kg.), *pippalī* powder (375 gm.), and jaggery (375 gm.). After properly mixing it, fill it in an earthen pitcher and during rainy season; bury it under the *bhasma raśi*. Take out the same after the end of rainy season (i.e. winter season). The person who consumes this drug in doses of 12 gm. would become free from *palita roga* and other indispositions. There would also be a development in his appearance, complexion, authority (*pratāp*), memory, intellect, speaking power, power, willful nature and would get filled with *satva* properties.

ऋतुहरीतकीरसायनम्–

सिन्धुत्यशर्कराशुण्ठीकणामधुगुडैः क्रमात् । वर्षादिष्वभया सेव्या रसायनगुणैषिणा ।।२६।।

26.Ṛituharītakī Rasāyaṇam:

The person who wish to have stimulants and energizers can go for the following: consuming powder of *harītakī* with rock salt during rainy season, with jaggery (*khanḍ*) during *śarad ṛitu* (winters), with powder of dried ginger during *hemant ṛitu*(autumn), with *pippalī* powder during *śiśir ṛitu* (early winters), with honey during *vasant ṛitu* (spring) and with *guḍa* (jaggery) during *gṛiśma ṛitu*(summers).

दुर्नामश्वासकासज्वरवमथुतृषापाण्डुतानेत्ररोगान् हिक्काकुष्ठातिसारभ्रममदकसनाजीर्णशूल प्रमेहान् ।
तृष्णाशूलास्त्रपित्तज्वरविततजरारोचकानाहदाहान्हन्यादेतानवश्यंमधुनिपरिगतापूतनाचाम्लपित्तम्।।२७।।

27. Merge boiled and raw (not boiled) *harītakī* in an earthen pitcher filled with honey. The *haraḍas* should be submerged under the honey. Before consuming, process these *harītakīs* in three different ways -1. ground them with honey, 2. impregnate with honey and 3. merge in honey.

Consumption of such *harītakīs* helps one to get relief from *arśa*, *śvāsa*, *kāsa* (coughs), fever, *vamana*, *tṛiṣā*, *pāṇḍu roga*, eye diseases, *hikkā*, *kuṣṭha*, *atisāra*, *bhrama*, *mada*, *kāsa*, *ajīrna*, *śūla*, *prameha* (i.e. urinary disorders including diabetes), morbid thirst (*tṛiṣṇā*), *śūla*, *raktapitta*, *jvara*, *jararoga*, *arocaka* (anorexia), *ānāha*, burning sensation (*dāha*) and *āmlapitta*.

भृङ्गराजादिचूर्णम्–

श्लक्ष्णीकृतं भृङ्गरजस्य चूर्णं तिलार्द्धकं चामलकार्द्धकञ्च ।

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सशर्करं भक्षयतो गुडैर्वा न तस्य रोगा न जरा न मृत्युः ।।२८।।
अन्धः पश्येद् गमनरहितो मत्तमातङ्गगामी मूको वाग्मी श्रवणरहितो दूरशब्दानुसारी ।
नीरुङ् मर्त्यो भवति पलितो नीलजीमूतकेशोजीर्णा दन्ताः पुनरपि नवाः क्षीरगौरा भवन्ति ।।२९।।

28-29. Bhṛingarājaādi Cūrṇam:

Ingredients: *Bhṛingarāja*, black sesame seeds and *āmalakīs*.

Process of Drug-Making: Take 500 gm. of *bhṛingarāja* (fine powder), powders of black sesame seeds and *āmalakīs* (measuring 250 gm. each).

Method of use/Administration: Consume these powders in doses 3-5 gm. along with sugar (3-5 gm.), which has *paittika* properties, and with *guḍa* (raw sugar) (3-5 gm.), which has *vātaśleṣmika* properties.

Therapeutic benefits: Regular consumption of this *Bhṛingarājaādi Cūrṇam* helps one to get rid of diseases, lessens the impact of old age and premature death. The effect of this stimulant makes even a blind person to see, makes one free from worries-same like an elephant, which walks without fear, a deaf or hearing impaired person can also listen to minute voice, becomes disease free, attains hair as black as the black clouds and it rejuvenates pale and worn out teeth.

अमृतवर्त्तिका–

त्रिफला त्रिकटु ब्राह्मी गुडूची रक्तचित्रकम् । नागकेशरचूर्णञ्च शृङ्गबेरं समार्कवम् ।।३०।।
सिन्धुवारो हरिद्रे द्वे शक्राशनगुडत्वचौ । एला मधुकपर्णी च विडङ्गञ्चोग्रगन्धिका ।।३१।।
चूर्णं प्रत्येकमेतेषां समादाय पलद्वयम् । कामरूपसमुद्भूतैर्गुडैः पञ्चाशतैः पलैः ।।३२।।
सषष्टित्रिशती कार्या वर्त्तिस्तेन समानतः । चन्द्रताराविशुद्धौ च पूजयित्वेष्टदेवताम् ।।३३।।
सुकृती प्रज्ञ आप्रीतो वर्त्तिमेकान्तु भक्षयेत् । ततोऽनुपान पानीयं पानीयञ्च सुशीतलम् ।।३४।।
कट्वम्ललवणञ्चैव नातिमात्रं कदाचन । यः प्रत्यहमिदं खादेत्कर्षमानं निरन्तरम् ।।३५।।
भोजनादौ प्रदोषे वा शृणु याद्दक् फलं भवेत् । नष्टवह्निस्तु दीप्ताग्निर्वडवानलसन्निभः ।।३६।।
इष्टाऽपि भास्वती कान्तिश्चन्द्रिकेव निशामुखे । कासपुष्परुच केशाः शिखिकण्टमनोरमाः ।।३७।।
पटलावहतं चक्षुर्लक्षयोजनदर्शनम् । जराविश्लथदेहोऽपि लेपनिर्माणशाद्वलः ।।३८।।
निर्व्याधिर्निर्जरः पङ्गुर्वेगेनोच्चैःश्रवा इव । दिनेश इव तेजस्वी कन्दर्प इव रूपवान् ।।३९।।
सहस्रायुर्महासत्त्वो गन्धर्व इव गायनः । स्त्रीशतं रमते नित्यं नावसादं व्रजत्यसौ ।।४०।।
न भजन्त्यापदः काश्चित् कामरूपी भवेदसौ । पद्मगन्धि वपुस्तस्य सुपुष्पमिव कोमलम् ।।४१।।
जराचयैः सुजीर्णस्य नखकेशादयस्तथा । प्रभवन्ति बलादुग्रादथ कन्दा इवाम्बुदात् ।।४२।।
हृष्टः पुष्टश्च पापघ्नः शान्तो भवति मानवः । अमृतवर्त्तिका नाम मृत्युञ्जयमुखोदिता ।।
रसायनानां श्रेष्ठेयं सर्वव्याधिनिषूदनी ।।४३।।

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30-43. Amṛitā Varttīka:

Ingredients: *Tṛiphalā*, *tṛikaṭu*, *brāhmī*, *guḍūcī*, red *citraka*, *nāgakeśara*, dried ginger, *bhṛingarāja*, root of *nirgunḍī*, *haridrā*, *dāru haridrā*, purified *vijayā*, cinnamon bark, smaller cardamom, bark of *gambhārī*, *vāyaviḍanga*, *vacā* and raw sugar (*guḍa*) belonging to *Kamrup Deś* (Assam).

Process of Drug-Making: Obtain 93 gm. each of *tṛiphalā*, *tṛikaṭu*, *brāhmī*, *guḍūcī*, red *citraka*, *nāgakeśara*, dried ginger, *bhṛingarāja*, root of *nirgunḍī*, *haridrā*, *dāru haridrā*, purified *vijayā*, cinnamon bark, smaller cardamom, bark of *gambhārī*, *vāyaviḍanga*and *vacā*. Take 2335 gm. of raw sugar (*guḍa*) belonging to *Kamrup Deś* (Assam) and thoroughly mix all the materials into it. After properly mixing, prepare 360 pills out of it (12 gm. each).

Method of use/Administratiɔn: On an auspicious combination of stars and moon, after worshipping one's God and with happy soul, one should start consuming this medicine along with cold water. During medication of this pill, one should avoid excessive eating of *kaṭu*, *āmla* and salty foods.

Therapeutic benefits: The person, who takes this medicine in doses of 12 gm. during morning and evening, would have digestive powers similar to a *badvanal*. Like the brightness of an evening moon, it also brightens (restores) weak digestive powers. It makes hair black, which has become white as a cotton flower. It also improves eyesight and one could see far off things. It revitalizes the body which has been attacked by old age, it makes one more swift like the horse of Indra. It also makes one to have shine like a sun and beautiful as Kāmdeva, the God of lust. The person can live upto one thousand years and would get filled with precious *satva guṇas*, sweet voice and with immense aphrodisiac power. He becomes capable of enjoying sex with hundred women and still does not get tired. He does not suffer any evil deed and becomes lustier. His body becomes aromatic like lotus and gentle like flowers. It effectively rejuvenates *nakha*, hair, etc. which have been damaged due to old age. The rejuvenation is similar to *kanda*, which rapidly grows after showers. The person becomes healthy, free from evil thinking and calm. This *Amṛitavarttīka* has been prepared by Śṛī Mrityunjaya Mahādevaji and this *rasāyana* is best in curing diseases and providing boost.

श्रीसिद्धमोदकः–

त्रिकटोस्त्रिपलं चूर्णं त्रिफलायाः पलत्रयम् । गुडूच्याश्च विडङ्गानां ग्रन्थिकग्रन्थिपर्णयोः ।।४४।।
रक्तचित्राङ्घ्रिजं चूर्णं ग्राह्याश्चपि पृथक्-पृथक् । प्रत्येकं द्विपलञ्चैषां गृह्णीयान्मतिमान्नरः ।।४५।।

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कामरूपोद्भवा ग्राह्या गुडस्यार्द्धतुला तथा । सर्वमेकत्र सम्मर्द्य सषष्टित्रिशतं शुभम् ।।४६।।
मोदकं कारयेद्धीमान् समभागेन यत्नतः । प्रत्यहं प्रातरेवैतत्पानीयेनैव भक्षयेत् ।।४७।।
एवं निरन्तरं कार्यं संवत्सरमतन्द्रितः । प्रथमे मासि वाग्युक्तो द्वितीये बलवर्णवान् ।।४८।।
तृतीये नाशयेत्कुष्ठं श्वासकासौ तुरीयके । पञ्चमें स्त्रीप्रियत्वं च षष्ठे च पलितक्षय ।।४९।।
सप्तमे कान्तियुक्तश्च अष्टमे बलवान् भवेत् । नवमे च शतायुः स्याद्दशमे च स्वरान्वितः ।।५०।।
महाबलस्त्वेकादशे ह्यदृश्यो द्वादशे भवेत् । इच्छाहारविहारी स्यात्ततो दैत्यरिपोः समः ।।५१।।
षड्भिरिरहितो देही प्राप्नोति कल्पजीवितम् । युवा निरन्तरं तिष्ठेद् यावत्कालञ्च जीवति ।।५२।।
भवन्ति सिद्धयोऽस्याष्टौ याश्चापि परिकीर्त्तिताः । श्रीसिद्धमोदको ह्येष सिद्धादिषु निषेवितः ।।५३।।

44-53. Śrī Sidhamodaka:

Ingredients: *Tṛikaṭu*, *tṛiphalā*, *guḍūcī*, *vāyaviḍanga*, *pippalīmūla*, *granthiparṇa*, root of red *citraka* and *guḍa* (raw sugar).

Process of Drug-Making: Take 144 gm. each of powdered *tṛikaṭu* and *tṛiphalā*. Also, take powders measuring 96 gm. each of *guḍūcī*, *vāyaviḍanga*, *pippalīmūla*, *granthiparṇa* and root of red *citraka*. Mix all these materials in *guḍa* (raw sugar) measuring 6 gm. obtained from *Kamrup Deśa* (Assam). Thoroughly pulverize this mix and prepare 360 *modakas* (round shaped lumps). Store these *modakas* in an earthen pitcher.

Method of use/Administration: Every morning, consume one lump (*modaka*) along with clean water. In this way, this lump should be consumed methodologically for one year.

Therapeutic benefits: During the first month of its consumption, the person becomes vagmi, in second month, he becomes powerful and charming. In third and fourth months, it alleviates *kuṣṭha* and *śvāsa* along with *kāsa* respectively. During the six month, it fills the person with great aphrodisiac power, in sixth month, it cures *palita roga*, in seventh month, the person becomes radiant, during eighth month, he becomes powerful, in ninth month, the person attain longevity of 100 years, in tenth month, his voice becomes soft and sweet, in eleventh month, he becomes more powerful and in twelth month he is filled with invisible powers. The person who consumes this *modaka* for 12 months can eat and travel according to his desire after these 12 months. In this way, the effect of the *modaka* makes the person like Indra and keeps him free from six types of problems. Throughout his life, he remains like a youth and attains all eight *siddhis*. Previous learned people have consumed this *Śrī Siddmodaka*.

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निर्गुण्डीकल्पः–

ॐ सिद्धिः । पिङ्गलायोगिनीकथितम् ।।५४।।

54. Nirgundī Kalpa:

Ingredients: Powder of *sambhalu's* root and honey.

Process of Drug-Making: Obtain cloth-sieved 375 gm. measure powder of *sambhalu's* root and mix 750 gm. of honey to it. Thoroughly stir the mix and triturate it. Fill it into a pitcher that has been coated with *ghṛitam*. Close the mouth of the pitcher with a *śarāva* and tight it with a cloth treated with mud. After packing it tightly, bury the pitcher in a heap of rice for one month.

Method of use/ Administration and Therapeutic benefits: Later on, consume this medicine for one month. The effect of this medicine makes one to glow like gold, gives eyesight that of a vulture and becomes free from diseases and *vali palit*. The person who consumes this medicine for one year lives till the presence of Moon and Sun (i.e he attains prolonged existence). It fills him with aphrodisiac powers and becomes capable of intercourse with hundred women. While consuming this medicine, excluding leafy and *āmla* products one can eat any other edibles as per desire. If this *Nirgundī Kalpa* is taken with cow urine, it alleviates 18 types of *kuṣṭha*, *pāma*, *vicarcikā*, *raktavikara*, *nāḍivraṇa*, *gulma*, *śūla*, *plīhā*, *vṛiddhi*, abdominal problems and *plīhodara*, *prabhṛiti* disorders. If this medicine is taken along with buttermilk, the person becomes free from all diseases including *vali-palit*; he attains great eyesight and becomes more attractive, powerful and swift like wind. Consuming this powder continuously for two months would certainly make that person a *pundit*.

कार्श्यहरलौहम्–

श्वेतापुनर्नवादन्तीवाजिगन्धात्रिकत्रयैः । शतमूलीबलायुक्तैरेभिर्लौहं प्रसाधितम् ।।५५।।
हिनस्ति नियतं कार्श्यमपि भृङ्गरसैः सह । नास्त्यनेन समं लौहं सर्वरोगान्तकं शुभम् ।।
दीपनं बलवर्णाग्नेर्वृष्यदं चोत्तमोत्तमम् ।।५६।।

55-56. Karśyāhara Lauham:

Ingredients: White *punarnavā*, *dantī*, *aśvagandhā*, *triphalā*, *trikaṭu trimad* (*mustā*, *citraka*, *vāyaviḍanga*), *śatāvarī*, *balā* and *lauha bhasma*.

Process of Drug-Making: Take equal parts (i.e. 100 gm. each) of white *punarnavā*, *dantī*, *aśvagandhā*, *triphalā*, *trikaṭu trimad* (*mustā*, *citraka*, *vāyaviḍanga*), *śatāvarī* and *balā*. Thickly ground them and filter the powder. Add *lauha bhasma* to it equivalent to the weight of the powder (i.e. 1400 gm.).

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Method of use/Administration: Consume this medicine in adequate doses along with juice of *bhṛingarāja*.

Therapeutic benefits: This medicine helps in alleviating *kṛiṣṭa*. It also promotes, powder, complexion digestive power and provides aphrodisiac power. There is no other *lauha* which can cure indispositions of all kind.

अमृतार्णवरसः–

सूतभस्म चतुर्भागं लौहभस्म तथाऽष्टकम् । अभ्रभस्म च षड्भागं गन्धकस्य च पञ्चकम् ।।५७।।
भावयेत् त्रिफलाक्वाथैस्तत्सर्वं भृङ्गजैर्द्रवैः । शिग्रुवह्निकटुक्वाथैर्भावयेत्सप्तधा पृथक् ।।५८।।
सर्वतुल्या कणा योज्या गुडैर्मिश्रं पुरातनैः । गुञ्जाषट्कमितं खादेज्जरामृत्युनिवारणम् ।।५९।।
ब्रह्मायुः स्याच्चतुर्मासै रसोऽयममृतार्णवः । कौरुण्टकस्य पत्राणि गुडेन भक्षयेदनु ।।६०।।

57-60. Amṛitarnava Rasa:

Ingredients: *Pārada bhasma*, *rasa sindūra*, *lauha bhasma*, *abhraka bhasma*, purified *gandhak*, decoction of *tṛiphalā*, juice of *bhṛingarāja*, decoction of *śobhāñjana's* bark, decoction of *citrakamūla*, decoction of *kaṭukī*, *pippalī* powder and old raw sugar (*guḍa*).

Process of Drug-Making: Obtain 4 parts of *pārada bhasma* or *rasa sindūra*, 8 parts of *lauha bhasma*, 6 parts of *abhraka bhasma* and purified *gandhaka* measuring 5 parts. Combine all and ground them. Impregnate this mix separately and seven times each with decoction of *tṛiphalā*, juice of *bhṛingarāja*, decoction of *śobhāñjana's* bark, decoction of *citrakamūla* and decoction of *kaṭukī*. Triturate the preparation thoroughly. Add to it, *pippalī* powder (equivalent to the combined weight of the preparation i.e. 23 parts) and old raw sugar (*guḍa*) (equivalent to the combined weight of all the materials i.e. 46 parts). Prepare pills in measurement of 3 gm. each and dry them.

Method of use/Administration: This *Amṛitarnava Rasa* is to be taken in doses of one pill during morning and evening. Also, one should drink decoction of *pitajhinṭi* leaves by adding some raw sugar (*guḍa*) as *anupāna*.

Therapeutic benefits: In this way, consuming this medicine for four months would increase longevity and decrease the impact of old age and premature death.

नीलकण्ठो रसः (र. सा. स.)–

सूतकं गन्धकं लौहं विषं चित्रकपञ्चकम् । वराङ्गरेणुकामुस्तं ग्रन्थयेलानागकेशरम् ।।६१।।
त्रिकटु त्रिफला चैव शुल्वभस्म तथैव च । एतानि समभागानि द्विगुणो गुड उच्यते ।।६२।।
संमर्द्य वटकं कृत्वा भक्षयेच्चणकोन्मितम् । कासे श्वासे क्षये गुल्मे प्रमेहे विषमज्वरे ।।६३।।

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हिक्कायां ग्रहणीदोषे शोथे पाण्ड्वामये तथा । मूत्रकृच्छ्रे मूढगर्भे वातरोगे च दारुणे ।।६४।।
नीलकण्ठो रसो नाम ब्रह्मणा निर्मितः पुरा । अनुपानविशेषेण सर्वरोगहरो भवेत् ।।६५।।

61-65. NeelKaṇṭha Rasa:

Ingredients: Purified *pārada*, *gandhaka*, *lauha bhasma*, purified *viṣa*, *citraka*, *padmakāṣṭha*, cinnamon bark, *reṇukā*, *mustā*, *pippalīmūla*, cardamom, *nāgakeśara*, *tṛikaṭu*, *tṛiphalā*, *tāmra bhasma* and *guḍa* (raw sugar).

Process of Drug-Making: Obtain 1 part each of purified *pārada*, *gandhaka*, *lauha bhasma*, purified *viṣa*, *citraka*, *padmakāṣṭha*, cinnamon bark, *reṇukā*, *mustā*, *pippalīmūla*, cardamom, *nāgakeśara*, *tṛikaṭu*, *tṛiphalā* and *tāmra bhasma*. Methodologically triturate these materials together. Add to it *guḍa* (raw sugar) measuring twice the quantity of all the materials (38 parts) and grind. Prepare pills measuring 250 mg. each.

Therapeutic benefits: This medicine is effective in curing *kāsa*, *śvāsa*, *kṣaya*, *pāṇḍu*, *mūtrakṛicchra*, *mūḍhagarbha* and severe *vāta* disorders. In olden days, this *NeelKaṇṭha Rasa* has been prepared by God Brahmā. If taken with proper *anupānas*, this medicine is capable of curing any kind of disease.

(*Rasendra Sār Sangraha*)

नीलकण्ठो रसः (महान्) (र. सा. स.)–

पलैकं नागभस्माथ भावयेत्तिमिपित्ततः । तन्नागे सुमृतं स्वर्णं तोलैकं चापि मिश्रयेत् ।।६६।।
द्विपलं भस्म सूतस्य त्रिपलं मृतमभ्रकम् । त्रिपलं लौहभस्माथ सर्वमेकत्र कारयेत् ।।६७।।
भावयेच्च पृथक् कन्या ब्राह्मी निर्गुण्डिकाशमी । मुण्डी शतावरीच्छिन्ना बीजमिक्षुरकस्य च ।।६८।।
मुशली वृद्धदारोऽग्निर्द्रवैरेषां भिषग्वरः । ततः संचूर्णयेत्सर्वं तुल्यमेकादशाभिधम् ।।६९।।
वराव्योषाब्दवह्न्येलाजातीफललवङ्गकम् । पूज्येद्बिल्वपत्राद्यैर्नीलकण्ठं महेश्वरम् ।।७०।।
द्विगुञ्जं भक्षयेदस्य मृत्युञ्जयमनुस्मरन् । क्षयमेकादशविधं ग्रहणीं रक्तपित्तकम् ।।७१।।
विविधान् वातजान् रोगांश्चत्वारिंशच्च पैत्तिकान् । हन्ति सर्वामयानेव कामिनीनां शतं व्रजेत् ।।७२।।
एकविंशतिरात्राणि परिहार्य त्यजेदिह । यथेष्टाहारचेष्टो हि कन्दर्पसदृशो नरः ।।७३।।
मेधावी बलवान् प्राज्ञो बह्वाशी भीमविक्रमः । पुत्रार्थिनी तथा नारी रम्यं पुत्रं प्रसूयते ।।
अस्य सतस्य माहात्म्यं वेत्ति शम्भुर्न चापरः ।।७४।।

66-74. Neel Kaṇṭha Rasa (Major Recipe):

Ingredients: *Nāga bhasma*, *pitta* of *Timi* fish, pure *svarṇa bhasma*, *pārada bhasma*, *abhraka bhasma*, *lauha bhasma*, juices of *ghṛitakumārī*, *brāhmī*, *nirgundī*, *śami*, *gorakhmundī*, *śatāvarī*, *guḍūcī*, *kokilākṣa* seeds, *muśalī*,

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vṛiddhadāraka, *citraka*, dried ginger, *marica*, *pippalī*, *haraḍa*, *vibhītaka*, *āmalakī*, *mustā*, *citraka*, cardamom *jātīphala* and clove.

Process of Drug-Making: Take *nāga bhasma* measuring 50 gm. and impregnate it with *pitta* of *Timi* named fish. Add to it, 12 gm. measure of pure *svarṇa bhasma*. Following this, add to it 12 gm. of *pārada bhasma* and 150 gm. each of *abhraka bhasma* and *lauha bhasma*. Thoroughly triturate the mix. Impregnate the mix separately with juices of *ghṛitakumārī*, *brāhmī*, *nirgunḍī*, *śami*, *gorakhmunḍī*, *śatāvarī*, *guḍūcī*, *kokilākṣa* seeds, *muśalī*, *vṛiddhadāraka* and *citraka*. Dry the mix and powder it.

Take powders of equal parts (i.e. 462 gm. each) of the following 11 materials: dried ginger, *marica*, *pippalī*, *haraḍa*, *vibhītaka*, *āmalakī*, *mustā*, *citraka*, cardamom, *jātīphala* and clove. Take powder of this mix equivalent to the weight of above mix.

Add up both mixtures and compound. Prepare pills in measurement of 250 mg. each.

Method of use/Administration: Only after worshipping Śṛī Neel*Kaṇṭha* Mahādeva with *bilvapatra* and revering Śṛī Mrityunjaya Bhagvan, this medicine should be taken in doses of one pill. During the medication period, for 21 days, one should avoid prohibited measures and foods. Later on, he can do whatever his soul wants.

Therapeutic benefits: This medicine is cable of giving relief from 11 types of *kṣaya* disorders, *grahaṇī*, *raktapitta*, various *vāta* disorders, 40 types of *pitta* disorders and all types of other diseases. With the effect of this medicine, one is able to have sex with 100 women. With this medicine, one becomes intellect, powerful, clever, can eat more food, strong like Bhimasen and beautiful like Kāmdeva. A stale woman would be able to give birth to beautiful child. The effect of this medicine is only known to God Śiva and no one else.

(*Rasendra Sār Sangraha*)

मकरध्वजो रसायनः–

स्वर्णस्य भागौ वङ्गं च भौक्तिकंकान्तलौहकम् । जातीकोषफले रूप्यं कांस्यकं रससिन्दुरम् ।।७५।।
चन्द्रं प्रवालं कस्तूरी अभ्रकं चैकभागिकम् । स्वर्णसिन्दूरतो भागांश्चतुरः कल्पयेद् बुधः ।।७६।।
नातः परतरः श्रेष्ठः सर्वरोगनिषूदनः । सर्वलोकहितार्थाय शिवेन परिकीर्त्तितः ।।७७।।

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75-77. Makaradhvaja Rasāyaṇa:

Ingredients: *Svarṇa bhasma*, *vanga bhasma*, *mauktika piṣṭi*, *kānta lauha bhasma*, *jātīkoṣa* powder, *jātīphala* powder, *rajata bhasma*, *kānsya bhasma*, *rasa sindūra*, camphor, *pravāla bhasma*, *kastūrī*, *abhraka bhasma* and *svarṇa sindūra*.

Process of Drug-Making: Obtain the following materials: 24 gm. measure of *svarṇa bhasma*, 12 gm. each of *vanga bhasma*, *mauktika piṣṭi*, *kānta lauha bhasma*, *jātīkoṣa* powder, *jātīphala* powder, *rajata bhasma*, *kānsya bhasma*, *rasa sindūra*, camphor, *pravāla bhasma*, *kastūrī* and *abhraka bhasma* and 48 gm. of *svarṇa sindūra*. Triturate them into a fine powder and fill in glass bottle.

Therapeutic benefits: There is no other medicine better than this *Makardhvajo Rasāyaṇa* in curing all types of diseases. This medicine has been prepared by God Śiva for the welfare of mankind.

पूर्णचन्द्ररसः (बृहत्)–

द्विकर्षं शुद्धसूतं तु गन्धकं च द्विकार्षिकम् । लौहभस्म पलं चैकं जारिताभ्रं पलांशकम् ।।७८।।
द्वितोलं रजतं चैव वङ्गभस्म द्विकार्षिकम् । सुवर्णं तोलकं चैव ताम्रं कांस्यं च तत्समम् ।।७९।।
जातीफलं चेन्द्रपुष्पमेलां भृङ्गं च जीरकम् । कर्पूरं वनितां मुस्तं कर्षं दद्यात्पृथक् पृथक् ।।८०।।
सर्वं खल्लतले क्षिप्वा कन्यारसविमर्दितम् । भावयित्वा वरातोयै रुवूकाणां रसैस्तथा ।।८१।।
एरण्डपत्रैरावेष्ट्य धान्यराशौ दिनत्रयम् । उद्धृत्य मर्दयित्वा तु वटिकां चणकप्रभाम् ।।८२।।
खादेच्च वटिकामेकां पर्णखण्डेन संयुताम् । सर्वव्याधिविनाशाय काशिराजेन भाषितः ।।८३।।
पूर्णचन्द्ररसो नाम्ना सर्वरोगेषु योजयेत् । बल्यो रसायनो वृष्यो वाजीकरण उत्तमः ।।८४।।
अयमष्ठीलिकां हन्ति कासश्वासमरोचकम् । आमशूलं कटीशूलं हृच्छूलं पक्तिशूलकम् ।।८५।।
अग्निमान्द्यमजीर्णं च ग्रहणीं चिरजामपि । आमवातं चाम्लपित्तं भगन्दरमपि द्रुतम् ।।८६।।
कामलां पाण्डुरोगं च प्रमेहं वातशोणितम् । वायुं बहुविधं चैव मन्दाग्नित्वं वमिं भ्रमिम् ।।८७।।
नातः परतरः श्रेष्ठो विद्यते वाजिकर्मणि ।।८८।।

78-88. Purnacandra Rasa (Major Recipe):

Ingredients: Purified *pārada*, purified *gandhaka*, *lauha bhasma*, *abhraka bhasma*, *rajata bhasma*, *vanga bhasma*, *svarṇa bhasma*, *tāmra bhasma*, *kānsya bhasma*, *jātīphala*, clove, cardamom, cinnamon, cumin seeds, *bhimsenikapur*, *priyangu*, *mustā*, juice of *ghṛitakumārī*, decoction of *triphalā* and decoction of *eraṇḍa mūla*, leaves of *eraṇḍa* and water.

Process of Drug-Making: Obtain the following: 25 gm. each of purified *pārada* and purified *gandhaka*, 50 gm. each of *lauha bhasma* and *abhraka bhasma*, 25 gm. of *rajata bhasma*, 25 gm. of *vanga bhasma*, 12 gm. each of *svarṇa bhasma*, *tāmra bhasma* and *kānsya bhasma*, 12 gm. each of *jātīphala*,

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clove, cardamom, cinnamon, cumin seeds, *bhimsenikapur*, *priyangu* and *mustā* (all in powder form).

First of all prepare *kajjalī* and mix rest of the materials into it. Impregnate the mix separately with juice of *ghṛitakumārī*, decoction of *tṛiphalā* and decoction of *eraṇḍa mūla*. Triturate the mix and prepare a lump out of it. Dry the lump and wrap it with leaves of *eraṇḍa*. Bury the wrapped lump in a heap of rice for three days. Take out the same on the fourth day and triturate the lump along with water. After pulverizing, prepare pills measuring 250 mg. each.

Method of use/Administration: This *Purnacandra Rasa* is to be consumed by putting in between the leaves of betel leaves.

Therapeutic benefits: Kashiraj has prepared this medicine to cure all types of diseases. This medicine promotes power, energy, aphrodisiac power and gives perfect *vājikaraṇ*. This medicine is specifically useful in curing *aṣṭhilika*, *kāsa*, *śvāsa*, *aruci*, *āmaśūla*, *kaṭiśūla*, *hṛichula*, *paktiśūla*, *agnimāndya*, *ajīrna*, chronic *sangrahaṇī*, *āmavāta*, *āmlapitta*, jaundice, *pāṇḍuroga*, *prameha* (i.e. urinary disorders including diabetes), *vātarakta*, various types of *vāta* disorders, *mandāgniroga*, *vamana*, *bhrama* and the like. There is no other best *vājikaraṇ* than this.

पूर्णचन्द्ररसः (बृहत्)–

महालक्ष्मीविलासरसः (र. सा. स. कफरोगे)–

पलं वज्राभ्रचूर्णस्य तदर्द्धो गन्धको भवेत् । तदर्द्धं वङ्गभस्मापि तदर्द्धः पारदस्तथा ।।८९।।
तत्समं हरितालं च तदर्द्धं ताम्रभस्मकम् । रसतुल्यं च कर्पूरं जातीकोषफले तथा ।।९०।।
वृद्धादारकबीजं च बीजं स्वर्णफलस्य च । प्रत्येकं कार्षिकं भाग मृतस्वर्णं च शाणकम् ।।९१।।
निष्पिष्य वटिका कार्याद्विगुञ्जाफलमानतः। निहन्ति संनिपातोत्थान् गदान् घोरान् सुदारुणान् ।।९२।।
गलोत्थानन्त्रवृद्धिं च तथाऽतीसारमेव च । कुष्ठमष्टादशविधं प्रमेहान् विंशतिं तथा ।।९३।।
श्लीपदं कफवातोत्थं चिरजं कुलजं तथा । नाडीव्रणं व्रणं घोरं गुदामयभगन्दरम् ।।९४।।
कासपीनसयक्ष्मार्शःस्थौल्यदौर्गन्ध्यरक्तनुत् । आमवातं सर्वरूपं जिह्वास्तम्भं गलग्रहम् ।।९५।।
उदरं कर्णनासाक्षिमुखवैजात्यमेव च । सर्वशूलं शिरःशूलं स्त्रीरोगं च विनाशयेत् ।।९६।।
वटिकां प्रातरेकैकां खादेन्नित्यं यथाबलम् । अनुपानमिह प्रोक्तं मांसं पिष्टं पयो दधि ।।९७।।
वारिभक्तं सुरासीधुसेवनात् कामरूपधृक् । वृद्धोऽपि तरुणस्पर्द्धो न च शुक्रक्षयो भवेत् ।।९८।।
न च लिङ्गस्य शैथिल्यंनकेशा यान्ति पक्वताम् । नित्यं गच्छेच्छतं स्त्रीणां मत्तवारणविक्रमः ।।९९।।
द्विलक्षयोजनी दृष्टिर्जायते पौष्टिकं तथा । प्रोक्तः प्रयोगराजोऽयं नारदेन महात्मना ।।१००।।
महालक्ष्मीविलासोऽयं वासुदेवो जगत्पतिः । प्रसादादस्य भगवांल्लक्षनारीषु वल्लभः ।।१०१।।

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89-101. Mahālakṣmīvilasa Rasa:

Ingredients: *Vajrabhra bhasma*, purified *gandhaka*, *vanga bhasma*, *para*, *haratāla*, *tāmra bhasma*, camphor, *jātīkoṣa*, *jātīphala*, *vṛiddhadāraka* seed, *dhatūra* seed, *svarṇa bhasma* and water.

Process of Drug-Making: Take the following materials: 50 gm. measure of *vajrabhra bhasma*, 25 gm. of purified *gandhaka*, 12 gm. of *vanga bhasma*, 6 gm. each of *pārada* and *haratāla*, 3 gm. of *tāmra bhasma*, 3 gm. each of camphor, *jātīkoṣa*, *jātīphala*, 12 gm. each of *vṛiddhadāraka* seed, *dhatūra* seed and 3 gm. of *svarṇa bhasma*. Combine all these materials and triturate them along with water. After grounding, prepare pills measuring 250 mg. each.

Method of use/Administration: This *Mahālakṣmīvilasa Rasa* is to be consumed during morning in doses of one pill (according to one's strength). One should take meat soup, *piṣṭha* (eatables made out of ground flour), milk, curd, rice mixed water, liquor and *seedhu*, as *anupānas*.

Therapeutic benefits: By taking such *anupānas*, the person becomes beautiful like Kāmdeva. An old man is also able to compete with a youth. The effect of this medicine not only lessens the loss of semen but also keep the penis erect for longer time. His hair also remains black. He can enjoy sex with 100 females. He becomes free from worry, same like an elephant. His eyesight develops and can see even long distances (two *lakh yojan*).

This medicine is capable of curing very difficult and severe *sannipātika* disorders. It also checks throat problems, *āntra vṛiddhi*, *atisāra*, 18 types of *kuṣṭha*, 20 types of *prameha* (i.e. urinary disorders including diabetes), *kapha-vataj*, chronic and hereditary *ślīpada*, *nāḍi vraṇa*, *vraṇa*, severe disorders of *guḍa*, *bhagandara*, *kāsa*, *pīnas*, *yakṣma*, *arśa*, *sthūlata*, body odour, *raktavikar*, *āmavāta* having all symptoms, *jihvāstambha*, *galagraha*, problems related to gastro intestinal tract, eye problems, nose problems, ear problems, mouth problems, all types of *śūla*, *śirahaśūla* and indispositions of women.

This medicine has been orated to Śrī Kṛiṣṇa Bhagvān by Śrī Nārada that's why Kṛiṣṇa Bhagvān has become dear to thousand of women.

(*Rasendra Sār Sangraha*)

वसन्तकुसुमाकरः (र. सा. सं.)

द्विभागं हाटकं चन्द्रं त्रयो वङ्गाहिकान्तकाः । चतुर्भागं शुद्धमभ्रं प्रवालं मौक्तिकं तथा ।।१०२।।
भावयेद्गव्यदुग्धेन भावनेक्षुरसेन च । वासालाक्षारसोदीच्यरम्भाकन्दप्रसूनकैः ।।१०३।।

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शतपत्ररसेनैव मालत्याः कुङ्कुमोदकैः । पञ्चान्मृगमदैर्भाव्यं सुगन्धिरससंभवैः ।।१०४।।
कुसुमाकरविख्यातो वसन्तपदपूर्वकः । गुञ्जाद्वयेन संसेव्यः सितामध्वाज्यसंयुतः ।।१०५।।
मेहघ्नः कान्तिदश्चैव कामदः पुष्टिदस्तथा । बलीपलितहश्चैव स्मृतिभ्रंश विनाशयेत् ।।१०६।।
तुष्टिदो बल्य आयुष्यः पुत्रप्रसवकारकः । प्रमेहान् विंशतिं चैव क्षयमेकादशात्मकम् ।।
तथा सोमरूजं हन्ति साध्यासाध्यमथापि वा ।।१०७।।

102-107. Vasantakusumākara:

Ingredients: *Bhasmas of svarṇa bhasma, rajata bhasma, vanga, śiśa, kantisara lauha, abhraka, pravāla* and *muktā*, cow milk, juice of sugarcane, decoctions or juices of *sevaṭī* rose flower, *mālatī* flower, *keśara* and *kastūrī*.

Process of Drug-Making: Obtain the following *bhasmas*: two parts of *svarṇa bhasma*, two parts of *rajata bhasma*, three parts each of *vanga*, *śiśa* and *kantisara lauha*, four parts each of *abhraka*, *pravāla* and *muktā*. Ground all these materials together and impregnate the mix with cow milk, juice of sugarcane, decoctions or juices of *sevaṭī* rose flower, *mālatī* flower and *keśara*. Subsequently, impregnate the mix with *kastūrī* and prepare pills in measurement of 250 mg. each.

Method of use/Administration: This *Vasantakusumākara Rasa* is to be taken in doses of one pill along with sugar, honey and cow *ghṛitam*, mixed in unequal parts.

Therapeutic benefits: This cures *meha* and provides power and lust. It checks wrinkles, premature whitening of hair and weak memory power. This promotes longevity, health and helps in getting child. It also alleviates 20 types of *prameha* (i.e. urinary disorders including diabetes), 11 types of *kṣaya* and various severe and difficult *somarogas*.

(*Rasendra Sār Sangraha*)

वसन्तकुसुमाकररसोऽन्यः–
प्रवालरसमौक्तिकाम्बरमिदं चतुर्भागभाक् पृथक्-पृथक् स्मृते रजतहेमतो द्व्यंशके ।
अयोभुजगवङ्गकं त्रिलवकं विमर्द्याखिलं शुभेऽहनि विभावयेद् भिषगिदं धिया सप्तशः ।।१०८।।
द्रवैर्वृषनिशेक्षुजैः कमलमालतीपुष्पजैः पयःकदलिकन्दजैर्मलयजैर्णनाभोद्भवैः ।
वसन्तकुसुमाकरो रसपतिद्विल्लोऽशितः समस्तगदहृद्भवेत किल निजानुपानैरयम् ।।१०९।।

108-109. Vasantakusumākar (Second Recipe):

Ingredients: *Pravāla bhasma, rasa sindūra, muktā piṣṭi, abhraka bhasma, rajata bhasma, svarṇa bhasma, lauha bhasma, nāga bhasma, vanga bhasma*, juice or decoction of *aḍuṣā*, decoction of *haridrā*, juice of sugarcane, juice of lotus

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flowers, juice of jasmine flowers, cow milk, juice of *kadalī kanda*, *kalka* of Malayagiri sandalwood and liquid of *kastūrī*.

Process of Drug-Making: Take 48 gm. each of *pravāla bhasma*, *rasa sindūra*, *muktā piṣṭi* and *abhraka bhasma*. Also take 24 gm. of *rajata bhasma* and *svarṇa bhasma* along with 36 gm. each of *lauha bhasma*, *nāga bhasma* and *vanga bhasma*. Triturate the materials together. Impregnate the mix separately and seven times each with juice or decoction of *aḍuṣā*, decoction of *haridrā*, juice of sugarcane, juice of lotus flowers, juice of jasmine flowers, cow milk, juice of *kadalī kanda*, *kalka* of Malayagiri sandalwood and liquid of *kastūrī*. Triturate the mix again and prepare pills measuring 250 mg. each. Dry these pills under shade.

Method of use/Administration: This *Vasantakusumākar Rasa* is to be taken in doses of two *valla* (750 mg.) (or according to concentration of indisposition) to get relief from all types of diseases.

सिद्धमकरध्वजः–

पलमानं रसं सम्यग् बहुसंस्कारसंस्कृतम् । तथा पलद्वयं गन्धं शुद्धं हेम द्विकार्षिकम् ।।११०।।
कैलाशचलसंभूते सुदृढे च सुचिक्कणे । शोणप्रस्तरजे खल्ले सर्वं संस्थाप्य मिश्रयेत् ।।१११।।
मर्दयेद् यत्नतो वैद्यो यामानष्टौ निरन्तरम् । रक्तकार्पासपुष्पस्य श्वेताङ्कोठफलस्य च ।।११२।।
कुमार्याश्च रसैःसम्यग्भावयित्वा पृथक् पृथक् । स्थापयित्वा काचकूपीमध्येसर्वं प्रत्यत्नतः ।।११३।।
रक्ताङ्गसालसरलखदिरश्रीफलोद्भवा । काष्ठेनान्यतमेनैव नीरसेन प्रतापयेत् ।।११४।।
मृदुनाऽनलयोगेन प्राग् यामद्वितयं पचेत् । पुनर्यामद्वयं पाच्यं मध्यतापेन वह्निना ।।११५।।
अग्निप्रखरेणैव ततो यामद्वयं पचेत् । भूयो मन्दाग्निना पाच्यमवशिष्टद्वियामकम् ।।११६।।
स्वाङ्गशीतमथोद्धृत्य नवचूतदलोपमम् । भङ्गुर लोहितं पिष्टं दाडिम्बकुसुमोपमम् ।।११७।।
ततोऽवतार्य गन्धेन द्विगुणेन विमर्दयेत् । भावयेत्पूर्ववद् भूयः पाचयेच्च प्रयत्नतः ।।११८।।
एवं वारद्वयं कुर्यात् सम्यगौषधसिद्धये । संनिपातज्वरं घोरं मन्दाग्नित्वमरोचकम् ।।११९।।
आमशूलं कटीशूलं हृच्छूलं पक्तिशूलकम् । कासं श्वासं च यक्ष्माणं शूलं कुष्ठमशेषतः ।।१२०।।
गलोत्थानन्त्रवृद्धिं च तथांऽतीसारमेव च । श्लीपदं कफवातोत्थं चिरजं कुलजं तथा ।।१२१।।
नाडीव्रणं तथा घोरं गुदामयभगन्दरम् । वायुं बहुविधं हन्ति ध्वजभङ्गं विशेषतः ।।१२२।।
सेवनादस्य नश्यन्ति सर्वे रोगा न संशयः । करोत्यग्नि बलं वीर्यं वलीपलितनाशनः ।।१२३।।
विधिवत् सेवितो ह्येष मुमूर्षुमपि जीवयेत् । स्वेच्छाहारविहारोऽपि न कदाचिद् विपद्यते ।।१२४।।
मेवाऽऽयुःकान्तिजननः कामोद्दीपनकृन्महान् । वृद्धोऽपि तरुणस्पर्द्धी स्त्रीसु चापि वृषायते ।।१२५।।
सेवानादस्य सम्राजो गच्छन्ति प्रमदाशतम् । त्रैलोक्ये शुभदं श्रीमदेनदेव महौषधम् ।।१२६।।
मृत्युञ्जयो यथाऽभ्यासान्मृत्युञ्जयति देहिनाम् । तथाऽयं साधकेन्द्रस्य जरामरणनाशनः ।।१२७।।
स्वयं त्रैलोक्यनाथेन त्रैलोक्यहितमिच्छता । समर्पितोऽयं सिद्धेभ्यः करुणाद्रेंण वै यतः ।।१२८।।
अतोऽयं भुवनेख्यातःश्रीसिद्धमकरध्वजः । भास्वान् यथा तमो हन्ति केशरी करिणं यथा ।।१२९।।
तूलसंघं यथा वह्निस्तथा रोगानसौ हरेत् ।।१३०।।

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110-130. Sidhamakaradhvaja:

Ingredients: Purified *pārada*, purified *gandhaka*, purified *svarṇa bhasma*, juices of red variety of cotton flowers, white variety of *angkoṭha* fruits and *ghṛitakumārī* plant.

Process of Drug-Making: Collect 48 gm. measure of thoroughly purified *pārada*, 96 gm. measure of purified *gandhaka* and purified *svarṇa bhasma* measuring 24 gm. Obtain a mortar prepared out of the red stone, strong and smooth, brought from the Kailasha Mountain. Process the above ingredients through this mortar for eight *praharas* (24 hours) continuously. Triturate the compound separately with juices of red variety of cotton flowers, white variety of *angkoṭha* fruits and *ghṛitakumārī* plant. Dry the powder and place it into a glass (*kāca*) pot. Cook the preparation on a slow heat for six hours and in middle level heat for another six hours. Finally, cook this preparation again on strong heat for another six hours. Allow the medicinal pot to cool down to atmospheric temperature on its own. Remove out the preparation.

It appears like fresh leaves of mango plant and after getting crushed it reflects a red complexion. Triturate this preparation with *gandhaka* measuring twice its amount and process the compound through *bhāvanā* method with the above herbal juices for another time. Thus, processed twice this preparation is ready to serve.

Method of use/Administration: Depending on the vitiated *doṣa* in question, this medicine should be taken along with suitable *anupāna*.

Therapeutic benefits: It is effective in a number of diseases including *sannipāta jvara*, loss of appetite, loss of digestive power, *colic* pain, pain in the waist, pain in the heart, *paktiśūla*, *kāsa* (coughs), bronchitis, consumption, *kuṣṭha*, throat diseases, hernia, diarrhoea, *ślīpada* (caused due to *vāta* or attacking as hereditary indisposition), *nāḍivraṇa*, piles, *bhagandara*, all types of *vāta roga* and *dhvajabhanga* (a kind of male impotency). This medicine promotes digestive power, strength and aphrodisiac capabilities. It also eliminates the indisposition called *vali palita*. If taken properly it can restore a patient who has neared death. Even taking without proper manner this medicine proves beneficial. It promotes intellect, longevity and glow of complexion. It is also an aphrodisiac. By use of this *rasāyaṇa* even an aged person becomes as powerful as a young male and becomes capable to intercourse with women. The royal figures use this medicine for taking a number of females. This medicine provides victory in all the three worlds. As one can conquer death by worshipping God Śiva one can conquer

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death by use of this *Sidhamakaradhvaja*. This medicine has been propounded by God Śiva himself for the welfare of mankind. It removes various diseases as effectively as Sun removes the darkness, a lion eliminates an elephant and as the heap of cotton is removed by fire.

अष्टावक्ररसः–

पलैकं रसराजस्य द्विपलं गन्धकस्य च । कोलमेकं सुवर्णस्य कोलार्द्धं रजतस्य च ।।१३१।।
नागं ताम्रं खर्परं च वङ्गं चैव समांशकम् । प्रत्येकम रजतार्द्धं च सर्वमेकत्र मर्दयेत् ।।१३२।।
वटाङ्कुररसैर्यामं यामं कन्यारसैः सह । कूप्यभ्यन्तर आस्थाप्य त्रिदिनं पाचयेत्सुधीः ।।१३३।।
दाडिमीकुसुमप्रख्यं जायते चाविकल्पतः । वलापलितविध्वंसि बलपुष्टिकरं महत् ।।१३४।।
आरोग्यजननं मेधाकान्तिकृच्छुक्रवर्द्धनम् । महौषधवरं चैतदष्टावक्रेण निर्मितम् ।।१३५।।

131-135. Aṣṭavakra Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, *svarṇa bhasma*, *rajata bhasma*, *naga bhasma*, *tāmra bhasma*, *kharpara bhasma*, *vanga bhasma*, juice or decoction of sprouts of roots of *vāta* and juice of *ghṛitakumārī*.

Process of Drug-Making: Obtain 48 gm. measure of purified *pārada*, 96 gm. of purified *gandhaka*, 1 *kola* (6 gm.) of *svarṇa bhasma*, half *kola* of *rajata bhasma*, one fourth *kola* of *nāga bhasma*, *tāmra bhasma*, *kharpara bhasma* and *vanga bhasma*. First of all prepare *kajjalī* and mix rest of the materials into it. Compound the mix and impregnate the mix separately with juice or decoction of sprouts of roots of *vāta* and juice of *ghṛitakumārī*. After impregnation, triturate the mix for six hours and dry them to fill in *ataśi* glass bottle. Cook this mix according to *rasa sindūra* method for three days on slow, medium and strong fire. When the preparation cools down on its own, take out the medicine which has become red like pomegranate flowers. This *Aṣṭavakra Rasa* has been prepared by Aṣṭāvakra.

Therapeutic benefits: It is capable of curing *vali palita*, promotes power, good for health, develops intellect, glow and semen.

त्रैलोक्यचिन्तामणिः–

रसं वज्रं हेम तारं ताम्रं तीक्ष्णं मृताभ्रकम् । मौक्तिकं गन्धकं शंखं प्रवालं तालकं शिला ।।१३६।।
शोधितं च समं सर्वं सप्ताहं मर्दयेद् दृढम् । वह्निमूलकषायेण भानुदुग्धे दिनत्रयम् ।।१३७।।
निर्गुण्डीशूरणद्रावैर्वज्रीदुग्धैर्दिनत्रयम् । पीतवर्णवराट्याश्चानेन गर्भं प्रपूरयेत् ।।१३८।।
टङ्कणं रविदुग्धेनपिष्ट्वा लिम्पेच्च तन्मुखम्। रुद्ध्वाभाण्डमुखं पाच्यंस्वाङ्गशीतं विचूर्णयेत् ।।१३९।।
चूर्णतुल्यं मृतं सूतं वैक्रान्तं सूतपादिकम् । शोभाञ्जनद्रवैः सर्वं सप्तवारान् विभावयेत् ।।१४०।।

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वह्निमूलकषायेण भावनाद्वयमीहते । एव संशुद्धसूतेन्द्रः सर्वव्याधिकुलान्तकः ।।१४१।।
गुञ्जैकेन निहन्त्याशु जरामृत्युं न संशयः ।।१४२।।
वातं विद्रधिशूलपाण्डूग्रहणीरक्तातिसाराञ्जयेद् मेहप्लीहजलोदराश्मरितृषाशोथं हलीमोदरम् ।
मूत्राघातभगन्दरज्वरगणान्सर्वाणिकुष्ठान्यपिसाध्यासाध्यभवान्गदान्बहुतरान्संसाधयेद्योगतः।।१४३।।

136-143. Trailokya Cintāmaṇi:

Ingredients: *Bhasmas* of purified *pārada*, *hīraka*, *svarṇa*, *rajata*, *tāmra*, *tīkṣana lauha*, *abhraka*, *muktā piṣṭi*, purified *gandhaka*, *śankha bhasma*, *pravāla bhasma*, *haritāla bhasma*, purified *manahśilā*, decoction of *citrakamūla's* bark, latex of *arka*, decoction of *nirgunḍī*'s root, *śūraṇkanda*, latex of *snuhī*, yellow *kapardikas*, borax, latex of *snuhī* plant, *rasa sindūra*, *vaikrānta bhasma*, decoction of *śobhāñjana* (bark) and decoction of *citraka* (root).

Process of Drug-Making: Obtain *bhasmas* measuring 12 gm. each of purified *pārada*, *hīraka*, *svarṇa*, *rajata*, *tāmra*, *tīkṣana lauha* and *abhraka*. Also take 12 gm. measure each of *muktā piṣṭi*, purified *gandhaka*, *śankha bhasma*, *pravāla bhasma*, *haritāla bhasma* and purified *manahśilā*.

First of all prepare *kajjalī* and mix all the materials into it. Triturate the mix for seven days with decoction of *citrakamūla's* bark, three days each with latex of *arka*, decoction of *nirgunḍī*'s root, *śūraṇkanda* and latex of *snuhī*. Dry the compound and fill into yellow *kapardikas*. Close the mouth of *kapardikas* with *kalka* prepared out of borax and latex of *snuhī* plant. Place the same in *śarāva saṁpuṭa* and tightly tie it. Process it through the puṭa method in *gajapuṭa*. On the second day, when the same gets cool down on its own, remove out the *kapardika* (cowries) from *saṁpuṭa*. Finely triturate these cowries. Add to it, *pārada bhasma* and *rasa sindūra* (equivalent to the quantity of whole compound) and *vaikrānta bhasma* (one fourth of the compound). Impregnate this mixture with decoction of *śobhāñjana* (bark) for seven times and with decoction of *citraka* (root) for two times. Prepare pills measuring 125 mg. each.

Method of use/Administration: Consume it with different *anupānas*.

Therapeutic benefits: It gives relief from old age, death and all types of diseases. Similarly, it cures *vāta* disorders, *vidradhi*, *śūla*, *pāṇḍu*, *grahaṇī*, *raktātisāra*, *prameha* (i.e. urinary disorders including diabetes), *plīhāvṛidhi*, *jalodara*, *aśmarī*, *tṛiṣā*, *śotha*, *halīmaka*, problems related to gastro intestinal tract, *mūtra ghāta*, *bhagandara*, fever, all types of *kuṣṭha* and various types of difficult and sever indispositions.

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श्रीनीलकण्ठरसोऽन्यः–

रसस्य भागाश्चत्वारो हेम्नो भागचतुष्टयम् । अभ्रं लौहं तथा मुक्ता वैक्रान्तं युग्मभागिकम् ।।१४४।।
रौप्यं प्रवालं ताप्यं च वङ्गमेकैकभागिकम् । त्रिधा जीवन्तिलाक्षाऽग्निमूलक्वाथेन भावयेत् ।।१४५।।
एरण्डपत्रैः संवेष्ट्य धान्यराशौ निधापयेत् । ततो दिनत्रयादूर्ध्वमुद्धृत्य चणकप्रभाम् ।।१४६।।
नीलकण्ठं समभ्यर्च्य शुचिः संयतमानसः । प्रयुञ्ज्याद्वटिकां धीमान् यथाव्याध्यनुपानतः ।।१४७।।
रसायनवरः श्रीदो वातव्याधिविनाशनः । रसः श्रीनीलकण्ठाख्यो नीलकण्ठेन भाषितः ।।१४८।।
कुष्ठमष्टादशविधं प्रमेहान् विंशति तथा । नेत्ररोगं तथा दोषान् रजःशुक्रसमुद्भवान् ।।१४९।।
सन्निपातज्वरं घोरं हृन्नासामुखकर्णजान् । रोगान् बहुविधान् हन्ति भास्करस्तिमिरं यथा ।।१५०।।

144-150. Śrī NeelKaṇṭha Rasa (Second Recipe):

Ingredients: Purified *pārada*, *rasa sindūra*, *svarṇa bhasma*, *abhraka bhasma*, *lauha bhasma*, *muktā piṣṭi*, *vaikrānta bhasma*, *rajata bhasma*, *pravāla bhasma*, *svarṇamākṣika bhasma*, *vanga bhasma*, decoctions of roots of *jīvantī*, *lākṣā*, *citraka*, leaves of *eraṇḍa* and water.

Process of Drug-Making: Take 48 gm. each of purified *pārada*, *rasa sindūra* and *svarṇa bhasma*, 24 gm. each of *abhraka bhasma*, *lauha bhasma*, *muktā piṣṭi* and *vaikrānta bhasma*, and 12 gm. each of *rajata bhasma*, *pravāla bhasma*, *svarṇamākṣika bhasma* and *vanga bhasma*. Properly triturate all these materials and impregnate the mix separately and three times each with decoctions of roots of *jīvantī*, *lākṣā* and *citraka*. Prepare a lump out of the compound and dry it. Wrap the dried up with leaves of *eraṇḍa* and bury it under a heap of paddy for three days. On fourth day take out the lump and separate the compound from leaves. Triturate the compound along with water and prepare pills in measurement of 250 mg. . Dry them.

This medicine has been prepared by Neel*Kaṇṭha* Mahādevaji and is considered best among the *NeelKaṇṭha* named medicines.

Method of use/Administration: With proper *anupānas* for different diseases, consume this medicine in doses of one pill. Before consuming this medicine, one should first worship Neel*Kaṇṭha* Mahādevaji and purifying oneself.

Therapeutic benefits: Intake of this medicine improves physical appearance and it cures *vāta* disorders, 18 types of *kuṣṭha*, 20 types of *prameha* (i.e. urinary disorders including diabetes), eyes problems, sexual problems caused due to vitiation of *rāja* and semen, severe *sannipātika* fever, indispositions of heart, nose, mouth ears and various other diseases. The effect of this medicine is like Sun in clearing darkness.

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शिवागुडिका (च. द.)–

कालेरवितापाढ्येकृष्णायसजंशिलाजतुप्रवरम् । त्रिफलारससंयुक्तंत्र्यहंचशुष्कं पुनः शुष्कम् ।।१५१।।
दशमूलस्य गुडूच्या रसेबलायास्तथापटोलस्य । मधुकरसैर्गोमूत्रेत्र्यहं त्र्यहं भावयेत् क्रमशः ।।१५२।।
एकाह क्षीरेण तु तत् पुनर्भावयेच्छुष्कम् । सप्ताहं भाव्यं स्यात् क्वाथेनैषां यथालाभम् ।।१५३।।
काकोल्यौद्वे मेदेविदारियुग्मंशतावरीद्राक्षा। ऋद्धियुगर्पभवीरामुण्डितिकाजीरकेंऽशुमत्यौ च ।।१५४।।
रास्नापुष्करचित्रकदन्तीभकणाकलिङ्गचव्याब्दाः।कटुकाश्रृङ्गीपाठातानिपलांशिकानिकार्याणि।।१५५।।
अब्द्रोणेसाधितानांरसेनपादांशिकेनभाव्यानि । गिरिजस्यैवंभावितशुद्धस्यपलादिदश षट् च ।।१५६।।
द्विपलंचवश्चिमागधिकाकटुककर्कटाख्यमरिचानाम्। चूर्णपलंविदार्यास्तालीशपलानिचत्वारि ।।१५७।।
षोडशसितापलानिचत्वारिघृतस्यमाक्षिकस्याष्टौ । तिलतैलस्यद्विपलंचूर्णार्द्धपलानि पञ्चानाम् ।।१५८।।
त्वक्क्षीरिपत्रत्वङ्नागैलानां मिश्रयित्वातु। गिरिजस्यषोडशपलंगुडिकाःकार्यास्ततोऽक्षसमाः ।।१५९।।
ताःशुष्कानवकुम्भेजातीपुष्पाधिवासितेस्थाप्याः।तासामेका काले भक्ष्या पेयाऽपिवा सततम् ।।१६०।।
क्षीररसदाडिमरसाःसुरासवंमधुचशिशिरतोयानि । आलोडनानि तासामनुपाने वा प्रशस्यन्ते ।।१६१।।
जीर्णे लघ्वन्नपयो जाङ्गलनिर्यूहयूषभोजी स्यात् । सप्ताहं यावदतःपरं भवेत् सर्वसामान्यम् ।।१६२।।
भुक्त्वाऽपिभक्षितेयंयदृच्छयानावहेद्भयंकिञ्चित् । निरुपद्रवाप्रयुक्तासुकुमारकैः कामिभिश्चैव ।।१६३।।
संवत्सरं प्रयुक्ता हन्त्येषावातशोणितं प्रबलम् । बहुवार्षिकमपि गाढं यक्ष्माणं चाढ्यवातं च ।।१६४।।
ज्वरयोनिशुक्रदोषप्लीहार्शःपाण्डुग्रहणीरोगान्। ब्रध्नवमिगुल्मपीनसहिक्काकासारुचिश्वासान्।।१६५।।
जठरं श्वित्रं कुष्ठंषाण्ढ्यं क्लैब्यंमदंक्षयंशोषम् । उन्मादापस्मारौ वदनाक्षिशिरोगदान् सर्वान् ।।१६६।।
आनाहमतीसारं सासृग्दरं कामलाप्रमेहांश्च । यकृदर्बुदानि विद्रधिभगन्दरं रक्तपित्तं च ।।१६७।।
अतिकार्श्यमतिस्थौल्यंस्वेदमथश्लीपदंचविनिहन्ति । दंष्ट्राविषं समौलं गराणि बहुप्रकाराणि ।।१६८।।
मन्त्रौषधियोगान्विप्रयुक्तानभौतिकांस्तथाभावान् । पापालक्ष्म्यौचेयंशमयेद्गुडिकाशिवानाम्नी ।।१६९।।
बल्यावृष्याधन्याकान्तियशःश्रीप्रजाकरीचेयम्।दद्यान्नृपवल्लभतांजयंविवादेमुखस्थाच ।।१७०।।
श्रीमान्प्रकृष्टमेधाःस्मृतिबुद्धिबलान्वितोऽतुलशरीरः।पुष्ट्योजोऽतिविमलेन्द्रियतेजोबलसंपदुपेतः।।१७१।।
वलीपलितरोगरहितो जीवेच्छरदां शतद्वयं पुरुषः।संवत्सरप्रयोगाद् द्वाभ्यां शतानि चत्वारि ।।१७२।।
सर्वामयजित्कथितंमुनिणभक्ष्यंरसायनरहस्यम्।शिवागुडिकेतिरसायनमुक्तंगिरिशेनगणपतये ।।१७३।।
शिववदनविनिर्गता यस्मान्नाम्ना तस्माच्छिवागुडिका ।।१७४।।
समुद्रभूवामृतमन्थनोत्थः स्वेदः शिलाभ्योऽमृतवद्गिरेः प्राक् ।
यो मन्दरस्यात्मभुवा हिताय न्यस्तः स शैलेषु शिलाजरूपी ।।१७५।।

151-175. Śivāguḍikā:

Ingredients: *Śilājātu*, decoction of *triphalā* herbs, cow urine, juices or decoctions of *daśamūla* herbs, *guḍūcī*, *bala*, *paṭola*, *madhu yaṣṭi*, *kākolī*, *kṣīra kākolī*, *medā*, *mahāmedā*, *vidhari*, *kṣīra vidhari*, *śatāvarī*, *drākṣā*, *riddhi*, *vriddhi*, *riṣabhaka*, *jaṭāmānsī*, *munḍī*, *śveta jīraka*, *kriṣṇa jīraka*, *śālaparṇī*, *kriṣṇaparṇī*, *rāsnā*, *puṣkaramūla*, *citrakamūla* (barks), *dantī* roots, *gajapippalī*, *indrayava*, *cavya*, *mustā*, *kaṭukī*, *śrīngī*, *pāṭhā*, water, dried ginger, *pippalī*, *kaṭukī*, *śrīngī*, black pepper, *vidhari kanda*, powder of *tāliśapatra*, jaggery, cow *ghritam*, honey,

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sesame oil, *vanśalocana*, cassia, cinnamon, *nāgakeśara*, smaller cardamom and jasmine flowers.

Process of Drug-Making: Obtain *śilājātu*measuring 768 gm. or 960 gm. Note that the drug has been obtained from black stones during the winters or summers and is without any contamination in it. Soak the *śilājātu* by saturating it into the decoction of *triphalā* herbs for an overnight period. The following day it should be pounded and triturated thrice with decoction of *triphalā* herbs. Likewise, it should be triturated thrice with each of the cow urine and juices or decoctions of *daśamūla* herbs, *guḍūcī*, *balā*, *paṭola* and *madhu yaṣṭi*. All these liquids should be used separately and for three times. Dry the preparation. After that obtain 48 gm. measure each of the following *kākolī*, *kṣīra kākolī*, *medā*, *mahāmedā*, *vidhari*, *kṣīra vidhari*, *śatāvarī*, *drākṣā*, *ṛiddhi*, *vṛiddhi*, *ṛiṣabhaka*, *jaṭāmānsī*, *munḍī*, *śveta jīraka*, *kṛiṣṇa jīraka*, *śālaparṇī*, *kṛiṣṇaparṇī*, *rāsnā*, *puṣkaramūla*, *citrakamūla* (barks), *dantī* roots, *gajapippalī*, *indrayava*, *cavya*, *mustā*, *kaṭukī*, *śṛīngī* and *pāṭhā*. Decoct these herbs in water measuring 25 litres. Boil the decoction till it is reduced to one fourth. This decoction should be used for saturating the above *śilājātu*based preparation. Repeat this process for seven consecutive times. Thereafter, churn the preparation along with 96 gm. measure of powders of dried ginger, *pippalī*, *kaṭukī*, *śṛīngī* and black pepper, 48 gm. measure of powder of *vidhari kanda*, 192 gm. measure powder of *tāliśapatra*, jaggery measuring 768 gm., cow *ghṛitam* measuring 192 ml., honey measuring 384 gm., sesame oil measuring 96 ml. and 24 gm. each of the *vanśalocana*, cassia, cinnamon, *nāgakeśara* and smaller cardamom. Stir the preparation properly and prepare pills measuring 2 gm. each. Treat these pills with aroma of jasmine flowers.

The *śilājātu*was first obtained from the hills of Mandar Mountains at the memorable occasion of ocean churning. After that God Brahmā deposited the same material in different hills and mountains.

Method of use/Administration: One should use one pill in the morning everyday. After taking the medicine one should drink milk, take meat soup, juice of pomegranate, liquor, honey and cold water as much as one can take. One can take the above pills after dissolving them in any of these liquids. After the medicine is digested one can be served with light meals or light liquids like pulse soup of *mudga*, rice, milk, and meat soup of wild animals and birds. Continue to

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take this medicine accordingly for one week. After one week one can take pills without any diet or activities considered.

Therapeutic benefits: Taking this preparation for one year can cure a number of diseases including *vātarakta*, *rajayakṣamā*, *adhyavata*, *jvara*, *yonidoṣa*, enlargement of spleen, piles, anemia, *sangrahaṇī*, *bradhna*, vomiting, *gulma*, *pīnas*, hiccups, *kāsa* (coughs), anorexia, bronchitis, all kinds of problems related to gastro intestinal tract, *śvitra*, *kuṣṭha*, *śandya*, impotency, *madāroga*, consumption, insanity, epilepsy, all kinds of ailments connected with mouth, eyes and head, *ānāha*, diarrhoea, *raktapradara*, jaundice, *prameha*, disease of liver, *arbuda*, *vidradhi*, *bhagandara*, *raktapitta*, excessive leanness, obesity, excess sweating, *śīpāda*, poisonous biting, basic poisoning, all kinds of poisoning, indispositions caused due to malevolent sorcery and the like. Thus, this medicinal pill promotes strength and aphrodisiac power. It promotes the beauty of the body. The person who use this medicine becomes dear to the kings. He is always victorious in scholarly debates. The person using this medicine for one year without break can continue to live upto 200 years with all his sense organs and physical capabilities intact and strongly positioned. One using the medicine for two years can live upto 400 years likewise. This recipe is capable to remove all kinds of diseases. This medicine was first of all suggested to Ganeshji by his father God Śiva. Hence, its name is *Śivāguḍikā*.

(Cakradatt)

अमृतभल्लातकः–

सुपक्वभल्लातफलानिसम्यग् द्विधाविदार्याढकसंमितानि ।
विपाच्यतोयेन चतुर्गुणेन चतुर्थशेषे व्यपनीय तानि ।।१७६।।
पुनः पचेत्क्षीरचतुर्गुणेन घृतांशयुक्तेन घनं यथा स्यात् ।
सितोपलाषोडशभिः पलैस्तु विमिश्र्यसंस्थाप्यदिनानि सप्त।।१७७।।
ततः प्रयोज्याग्निबललेन मात्रांजयेद्गुदोत्थानखिलान्विकारान् ।
कचान् सुनीलान् घनकुञ्चिताग्रान् सुपर्णदृष्टिंसुकुमारतां च ।।१७८।।
जवंहयानां च मतङ्गजं बलं स्वरं मयूरस्य हुताशदीप्तिम् ।
स्त्रीवल्लभत्वं लभते प्रजां च नीरोगमब्दद्विशतानिचायुः ।।१७९।।
न चान्नपाने परिहार्यमस्ति न चातपे चाध्वनि मैथुने च ।
प्रयोगकाले सकलामयानां राजाहयं सर्वरसायनानाम् ।।१८०।।
भल्लातकशुद्धिरिह प्रागिष्टचूर्णगुण्डनात् । घृताच्चतुर्गुणं क्षीरं घृतस्य प्रस्थ इष्यते ।।१८१।।

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176-181.Amṛitā Bhallātaka:

Ingredients: *Sūpa kva viśudha bhallātaka*, water, milk, cow *ghṛitam* and purified sugar.

Process of Drug-Making: Take 3 kg. of purified *bhallātaka* and make each of them into two pieces. Cook them in water measuring four times greater. Cook them until the original quantity is reduced to one fourth and subsequently sieve it. Subsequently, cook it with four times greater quantity of milk and cow *ghṛitam* measuring quarter of the milk. When the preparation becomes confection (*leha*), add to it 768 gm. of purified sugar and leave it for seven days.

Here, before decocting *bhallātaka*, it is purified by rubbing with brick powder. And milk is taken four times greater than *ghṛitam* and *ghṛitam* of 750 ml. measure is taken.

Method of use/Administration: After a period of seven days, consume this medicine according to digestive power (normally 6 gm. to 24 gm.). While consuming this medication, there is no restrictions like intercourse, excessive walking and the like.

Therapeutic benefits: This medicine alleviates all types of *arśa*. Hair becomes thick, curly and black. It improves eyesight and beauty. It makes one swift like horse, strong like an elephant and voice as sweet as a peacock. It makes one attractive and is liked by females. After becoming father, he lives happily for more than 200 years. This cures all types of diseases and is the king of all *rasāyaṇas*.

सारस्वतारिष्टः–

समूलपत्रशाखाया ब्राह्म्या ब्राह्ममुहूर्त्तके । गृहीत्वा विंशतिपलं पुष्ययोगे शतावरी ।।१८२।।
विदारिकाऽभयोशीराण्यार्द्रकञ्च तथा मिशिः । पञ्च पञ्च पलान्येषां जलद्रोणे पचेद्भिषक् ।।१८३।।
पादावशेषे विस्राव्य रसं वस्त्रेण गालयेत् । माक्षिकस्य दशपलं सितायः पञ्चविंशतिः ।।१८४।।
धातकीपञ्चपलिका रेणुका त्रिवृता कणा । देवपुष्पं वचा कुष्ठं वाजिगन्धा बिभीतकी ।।१८५।।
अमृतैला विडङ्ग त्वक् प्रत्येकंकर्षसंमितम् । क्वाथे तस्मिन् समस्तानि समाक्षिप्य प्रयत्नतः ।।१८६।।
स्वर्णकुम्भे निदध्याद्वानवे मृद्भाजनेऽपि वा । स्वर्णस्य तनुपत्रंचक्षिप्त्वाऽस्मिन् कर्षसंमितम् ।।१८७।।
मासाज्जातरसं दृष्ट्वा हेमपत्रे क्षयं गते । वाससा च परिस्राव स्थापयेदघृतभाजने ।।१८८।।
सारस्वताभिधोऽरिष्ट एषोऽमृतसमः पुरा । शिष्याणामुपकारार्थं धन्वन्तरिविनिर्मितः ।।१८९।।
आयुवीर्यं स्मृतिं मेधां बलं कान्तिं विवर्द्धयेत् । वाग्विशुद्धिकरो हृद्यो रसायनवरः स्मृतः ।।१९०।।
बालकानां च यूनां च वृद्धानां च सदा हितः । नरनारीहितो नित्यं परमोजस्करो मतः ।।१९१।।
वारयेत्स्वरकार्कश्यं तथा चास्पष्टभाषणम् । स्वरं परभृतस्येव जनयेत्सेवनात् सदा ।।१९२।।

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रजोदोषेण दुष्टानां योषितां शुक्रदोषिणाम् । पुंसां चापि शुभकरः सर्वदोषहरो मतः ।।१९३।।
अत्यध्ययनगीतादिक्षीणस्मृतबलो नरः । लभन्ते चित्तसंतोषं स्मृतिं चास्य निषेवणात् ।।१९४।।
पयसा सह पातव्योऽरिष्टोऽयं शाणमानतः । मासाभ्यां रोगहृच्चायं शरदा सर्वसिद्धिदः ।।१९५।।
अकालमृत्योर्हरणेयदीच्छानारी प्रियत्वंयदिवांछितं स्यात् ।
वाक्शुद्धिर्धैर्यस्मृतिलब्धिरिष्टानिषेव्यतांतर्ह्यमृतं भवद्भिः ।।१९६।।

182-196.Sārasvatariṣṭa:

Ingredients: *Brāhmī* plant along with its roots leaves and branches, *śatāvarī*, *vidārīkanda*, *haraḍa*, *uśīra*, ginger, aniseeds, water, honey, jaggery, *dhātakī* flowers, *hareṇukā*, *niśotha*, *pippalī*, clove, *vacā*, *kuṣṭha*, *aśvagandhā*, *vibhītaka*, *guḍūcī*, smaller cardamom, *vāyaviḍanga*and cinnamon.

Process of Drug-Making: Properly perform the daily bathing and worshiping on Sunday under the period marked by *Puṣya nakṣtra* (20 July to 2 August) and subsequently remove a *brāhmī* plant along with its roots leaves and branches. Thus, raise 935 gm. measure of this *brāhmī* and 235 gm. measure each of *śatāvarī*, *vidārīkanda*, *haraḍa*, *uśīra*, ginger and aniseeds. Combine all of the herbs and decoct them in water measuring 13 litre. The decoction should continue till the original quantity is reduced to one fourth or to one eight. Add to the preparation, 470 gm. of honey, 1170 gm. of jaggery, 235 mg. of *dhātakī* flowers and 12 gm. each of the *hareṇukā*, *niśotha*, *pippalī*, clove, *vacā*, *kuṣṭha*, *aśvagandhā*, *vibhītaka*, *guḍūcī*, smaller cardamom, *vāyaviḍanga*and cinnamon. Mix the preparation properly and fill it in an earthen pot which is *ghṛitam* coated from inside and which is fomented. Treat the preparation with small purified gold foil measuring 12 gm. Place the medicinal pot into ground. Remove out it after one month and see if the gold particles are dissolved into it. Strain the liquid in a *ghṛita* coated jar. This is the famous *Sārasvatariṣṭa* medicine.

Method of use/Administration: This medicine should be taken along with cold water in doses of 12-25 ml.

Therapeutic benefits: It has been propounded by Dhanvantri, the celestial physician. He has made this medicine for the benefit of Ayurveda students. This medicine promotes, longevity, strength, memory power, intellect and beauty of the body. It standardizes the speaking power. It is beneficial for heart and it is a great *rasāyaṇa*. It is helpful to the young, the youth as well as to the elderly males and females. One taking this medicine on daily basis refines his speaking power and his voice become as sweet as that of a cuckoo. It treats the sterile ladies as well as impotent males. The one who has lost memory power due to excessive reading and

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singing can recover with the help of this medicine. Using this medicine for two months helps one to eliminate all kinds of diseases. Taking the medicine for one year one can accomplish a number of wonders. The medicine is fit for those who do not want a premature death and who likes to become pleasant to the female folk and who want to develop their memory power, patience and speaking power. The medicine is like the Ambrosia.

इति भैषज्यरत्नावल्यां रसायनप्रकरणम् ।।७३।।

इति भैषज्यरत्नावल्यां 'विद्योतिनी' नामिकायां भाषाटीकायां रसायनप्रकरणम् ।।७३।।

End of the Chapter 73 of Bhaiṣajya Ratnāvalī with Commentary

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अथ वाजीकरणप्रकरणम् ७४

Chapter 74
Vājikaraṇ

चिन्तया जरया शुक्रं व्याधिभिः कर्मकर्षणात् । क्षयं गच्छत्यनशनात् स्त्रीणां चातिनिषेवणात् ।।१।।

वाजीकरणनिरुक्तिः–

1. Different types of worry, old age, diseases, exercises, laborious activities, *langhaṇa* (fasting) and excessive intercourse with woman are factors causing loss of semen.

येन नारीषु सामर्थ्यं वाजिवल्लभते नरः । येन वाऽप्यधिकं वीर्यं वाजीकरणमेव तत् ।।२।।

वाजीकरणपदार्थः–

2. The drugs, foods and conducts, which help a man (who has lost semen) to have sex like a horse (a *vāji*) with females are called *vājikaraṇ* Those drugs which increases sex power are called as aphrodisiac drugs.

वाजः = शुक्रं, तदस्यास्तीति वाजी । अवाजी वाजी क्रियतेऽनेनेति वाजीकरणम् ।।३।।
वाजो नाम प्रकाशत्वात्तच्च मैथुनसंज्ञितम् । वाजीकरणसंज्ञाभिः पुंस्त्वमेव प्रचक्षते ।।४।।

3-4. The meaning of the word *Vājikaran* could be understood like this, *vāja* = semen, the person who has (*śukra*) semen is called *vāji* = one possessing semen, the person who does not posses semen is called '*avāji*'. Increasing the growth of *vāji* (semen) through drugs is called *vājikaraṇ*.

अथैतदकरणे दोषाः–

ग्लानिःकम्पोऽवसादस्तदनुचकृशताक्षीणताचेन्द्रियाणां
शोषोच्छ्वासोपदंशज्वरगुदजगदाः क्षीणता सर्वधातौ ।
जायन्तेदुनिवाराःपवनपरिभवाःक्लीबता
लिङ्गभङ्गोवामावश्यातियोगाद् भजत इह सदावाजिकर्मच्युतस्य ।।५।।

5. Indulging in excessive intercourse without taking any aphrodisiac *rasāyaṇa* by getting attracted by the women may lead to weakness, tremors, looseness of body, weakness in power of sense organs, consumption, *kāsa* (coughs), *upadamśa*, fever, piles, *bhagandara*, severe *vāta roga*, impotency, *dhvajabhanga* (a kind of impotency related to early discharge) and like.

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यत्किञ्चिन्मधुरं स्निग्धं जीवनं बृंहणं गुरु । हर्षणं मनसश्चैव सर्वं तद् वृष्यमुच्यते ।।६।।

6. Those edibles, which are sweet, oily, healthy (providing longevity), stimulating, *gurupāki* (heavy to digest) and which makes one happy after consumption, are called *vṛiṣya*, i. e. an aphrodisiac.

नरो वाजीकरान् योगान् सम्यक् शुद्धो निरामयः । सप्तत्यन्तं प्रकुर्वीत वर्षादूर्ध्वं तु षोडशात् ।।७।।
आयुष्कामो नरः स्त्रीभिः संयोगं कर्तुमर्हति । न च वै षोडशादर्वाक् सप्तत्याः परतो न च ।।८।।

7-8. Between 13 years and 70 years, a person who is free from diseases should first purify his body through *vaman*, *virecana* therapies and other *pañcakarma* therapies and consume aphrodisiac products for good growth of semen. The person who wants longevity should stop intercourse with females after the age of seventy.

वाजीकरविषयाः (भा. प्र.)–

भोजनानि विचित्राणि पानानि विविधानि च । गीतं श्रोत्राभिरामाश्च वाचः स्पर्शसुखास्तथा ।।९।।
यामिनी चन्द्रतिलका कामिनी नवयौवना । गीतं श्रोतमनोज्ञं च ताम्बूलं मदिरा स्रजः ।।१०।।
गन्धा मनोज्ञा रूपाणि चित्राण्युपवनानि च । मनसश्चाप्रतीघातः वाजीकुर्वन्ति मानवम् ।।११।।

9-11. Various types of queer foods, different types of drinks, music, comfortable speeches, clothes which gives pleasure while wearing, jewelry, moony nights, young ladies, liquor, garlands, perfumes, beautiful gardens full of flowers of different colours and conducts which keeps the mind happy are all very helpful in increasing the aphrodisiac power. By enjoying the above factors one can perform sex like a horse.

(*Bhāvaprakāśa*)

धातुवैषम्यहरोपायाः–

योगान्संसेव्यवृष्यान्ससितमथपयःशीतलंवाम्बुपीत्वागच्छेन्नारींरसज्ञांस्मरशरतरलां कामुकः काममाद्ये ।
यामेहृष्टःप्रहृष्टांव्यपगतसुरतस्तत्समुत्पाद्यसद्यःकान्तःकान्ताऽङ्गसङ्गादमहदपिनवै धातुवैषम्यमेति ।।१२।।

12. A person having lust for sex, should consume one of the best *vṛiṣya yoga* (aphrodisiac product) and drink milk having dissolved sugar and cold water. After having a pleasant mind, he should go to the female who has been filled with desire. He should indulge in intercourse during the first *prahar* (three hours) of the night. Having sex in this fashion does not reduce the semen content.

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वृष्यतमा स्त्री–

सुरूपा यौवनस्था च लक्षणैर्यदि भूषिता । वयस्या शिक्षिता या वै सा स्त्री वृष्यतमा मता ।।१३।।

13. The lady, who is beautiful, young, full of lust, dear to heart and knowledgeable, is called *Vṛiṣyatamā* (i. e. one who excite the aprodisiac desires the best).

वाजीकरणार्हाः–

स्त्रीष्वक्षयं मृगयतां वृद्धानाञ्च रिरंसताम् । क्षीणानामल्पशुक्राणां स्त्रीषु क्षीणाश्च ये नराः ।।१४।।
विलासिनामर्थवतां रूपयौवनशालिनाम् । नृणाञ्च बहुपत्नीनां योगा वाजीकारा हिताः ।।१५।।

14-15. The following persons are apt for *vājikaraṇ*: who usually have sex with females, having desire to have sex, old, weak, having lost semen, who feel weakness after intercourse, luxurious, rich and those who have relations with many beautiful and young women.

योषित्प्रसङ्गात्क्षीणानां क्लीबानामल्परेतसाम् । हिता वाजीकरा योगाः प्रीणयन्ति बहुप्रदाः ।
एतऽपि पुष्टदेहानां सेव्याः कालाद्यपेक्षया (भा. प्र.)।।१६।।

16. The *vājikaraṇ yogas* (aphrodisiac formulas) which are beneficial, power builder and health- giver are to be used if one has become weak due to intercourse with woman, has become impotent by loss of semen. The person who is having good health and body can also take these *vājikaraṇ* products after considering the requirements of time and space.

घृतभृष्टमाषविदलंदुग्धं सिद्धं च शर्करामिश्रम्। भुक्त्वा सदैव कुरुते तरुणीशतमैथुनं पुरुषः ।।१७।।

17. Take *urada* pulse beans, fry them with *ghṛita* and properly cook them with milk. Make a dish out of it and add little sugar to the same. Regularly eating this preparation would increase the semen and consequently one can get power to have sex with one hundred females.

शतावरीशृतं क्षीरं प्रपिबेत्सितया युतम् । रममाणस्य विरतिं मृदुतां याति नेन्द्रियम् ।।१८।।

18. Take powder of *śatāvarī* (25 gm.), cow milk (400 ml.) and water (1200 ml.). Cook these materials together till it is reduced to the amount of milk only. Add sugar to it and drink. This increases power to copulate. One does not get exhausted during intercourse due to this medication.

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वृद्धशाल्मलिमूलस्य रसं शर्करया समम् । प्रयोगादस्य सप्ताहाज्जायते रेतसोऽम्बुधिः ।।१९।।

19. Add sugar (10 gm.) to juice or decoction of old *śālmalī* (silk cotton) roots. Drink this liquid for one week. This would increase the contents of semen.

लघुशाल्मलिमूलेन तालमूलीं सुचूर्णिताम् । सर्पिषा पयसा पीत्वा रतौ चटकवद्भवेत् ।।२०।।

20. Obtain powder of roots of *śālmalī* (silk cotton) (100 gm.) that is one or two years old along with powder of *muśalī* (100 gm.). Combine them together and add sugar (100 gm.) and *ghṛita* (5 gm.) to it. Properly stir the preparation and consume it along with milk. This would make a person capable to intercourse repeatedly like a bird.

विदारीकन्दचूर्णञ्च घृतेन पयसा पिबेत् । उदुम्बररसेनैव वृद्धोऽपि तरुणायते ।।२१।।

21. Stir powder of *vidārīkanda* (3 gm.) with sugar (3 gm.) and *ghṛita* (5 gm). Consume this recipe along with milk (250 ml.) and drink juice (50 ml.) of *udumbara* leaves or decoction of its bark. This would increase the sex power even in an old person.

सप्तधाऽऽमलकीचूर्णमामलक्यमबुभावितम् । घृतेन मधुना लीढ्वा पिबेत्क्षीरपलं नरः ।
वाजीकरणयोगाऽयमुत्तमः परिकीर्त्तितः ।।२२।।

22. Treat powder of *āmalakī* with juice of *āmalakī* through *bhāvanā* method for seven times. Triturate the same and dry it. Take 6 gm. of this compound, mix *ghṛita* and honey to it. Consume the preparation on daily basis. Take milk as *anupāna*. This medicine also increases the sex power. This is one of the best aphrodisiac formulas (*vājikaraṇ yoga*).

वाजिकर्मण्यपथ्यानि–

अत्यन्तमुष्णकटुतिक्तकषायमम्लं क्षारञ्च शाकमथवा लवणाधिकञ्च ।
कामी सदैव रतिमान् वनिताभिलाषी नो भक्षयेदिति समस्तजनप्रसिद्धिः ।।२३।।

23. Those persons who are very lusty, who indulge in excessive intercourse and who desire woman a lot should avoid eating foods are very salty, that have hot, *kaṭu*, pungent, *kāṣāya*, *āmla* and *kṣāra* properties. This is a known fact in the society.

१पिप्पलीलवणोपेतौ बस्ताण्डौ क्षीरसर्पिषा । साधितौ भक्षयेद्यस्तु स गच्छेत्प्रमदाशतम् ।।२४।।

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24. Boil goat's testicles in a little quantity of water. Fry it with *ghṛita* till it turns red. Add to it adequate amount of *pippalī* powder and rock salt. Eat it when it is lukewarm. By taking this one gets the power to have sex with one hundred women.

बस्ताण्डसिद्धे पयसि भावितांश्चासकृत्तिलान् । यः खादेत्स नरो गच्छेत् स्त्रीणां शतमपूर्ववत् ।।२५।।

25. Take 24 gm. measure of goat's testicles and boil them along with milk as per the *kṣīrapāka* method. Boil them down till they are reduced to the measure of milk only. Subsequently filter the milk. Process the powder of sesame seeds with this milk through *bhāvanā* method. Consume this compound to get the power to intercourse with hundred women.

चूर्णं विदार्याः सुकृतं तद्रसेनैव भावितम् । सर्पिः क्षौद्रयुतं कृत्वा शतं गच्छेन्नरोऽङ्गनाः ।।२६।।

26. Process the powder of *vidārīkand* with its juice or decoction through *bhāvanā* method for seven times. Triturate the same and dry it. Consume this compound (3-4 gm.) daily along with *ghṛitam* and honey. Consuming this compound would give power to intercourse with hundred women.

एवमामलकीचूर्णं स्वरसेनैव भावितम् । शर्करामधुसर्पिर्भिर्युक्तं लीढवा पयः पिबेत् ।।२७।।
एतेनाशीतिवर्षोऽपि युवेव परिहृष्यति ।।२८।।

27-28. According to the above method, process the powder of *āmalakī* with *āmalakī*'s juice or decoction through *bhāvanā* method for seven terms. Lick this compound in doses of 3 gm. by adding sugar, honey and *ghṛita*. Following this drink lukewarm milk. By doing this, even an eighty years old man can have sex with many females like a young man.

बिदारीकन्दकल्कन्तु घृतेन पयसा नरः । उदुम्बरसमं खादेद् वृद्धोऽपि तरुणायते ।।२९।।

29. Take 10 gm. measure of *vidārīkand* powder and *ghṛitam* (10 gm.). Dissolve it in milk (250 ml.) along and drink this daily. This makes an eighty years old man to have sex like a young man.

Note: Put *kalka* of *vidārīkand* in *ghṛita* (measuring four times greater than the *kalka*) and cook it till the preparation is left with *ghṛita* only. Then consume this *ghṛita* in doses of 12 gm. with milk. Similarly, one can also drink the following preparation: *vidārīkanda kalka* (6 gm.), *ghṛita* (24 gm.), milk (96 gm.) cooked in water (384 ml.). When the preparation is reduced to milk, add to it powder of

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udumbar's fruit or bark (4 gm.). Sweeten it with sugar and drink daily. This makes an old man to have sex like a young.

स्वयंगुप्तेक्षुरकयोर्बीजं समधुशर्करम । धारोष्णेन नरः पीत्वा पयसा न क्षयं व्रजेत् ।।३०।।

30. Powder purified seeds of *kraunca* and *kṣuraka* (5 gm. each) and add to it sugar measuring their combined quantity (i.e. 10 gm.). Drinking such drink daily along with nature warm milk (250 ml.) would help one get rid of impotency caused due to *dhatvādi kṣaya*.

उच्चटाचूर्णमप्येवं क्षीरेणोत्तममुच्यते । शतावर्य्युच्चटाचूर्णं पेयमेवं सुखार्थिना ।।३१।।

31. Take powder of *uccata*'s root measuring 5 gm. or 3 gm. each of the powders of *śatāvarī* and *uccata* roots. Mix these powders with milk and drink the same daily. This would help in promoting sexual power.

कर्षं मधुकचूर्णस्य घृतक्षौद्रसमन्वितम् । पयोऽनुपानं यो लिह्यान्नित्यवेगः स ना भवेत् ।।३२।।

32. The one who takes powder of *madhuyaṣṭī* measuring 10 gm. along with honey (10 gm.) and *ghṛitam* (5 gm.) followed by drink of milk (250 ml.) may remain ready for intercourse.

आर्द्राणिमत्स्यमांसानिशफरीर्वासुभर्जिताः । तप्तेसर्पिषियः खादेत् स गच्छेत् स्त्रीषु न क्षयम् ।।३३।।

33. Get fresh meat of normal fish or *śaphari* kind of fish. Fry it in *ghṛita* and eat it daily. Regular consumption of the dish save one indulged in excessive intercourse from *kṣaya roga* or consumption.

गोक्षुरकः क्षुरकः शतमूलीवानरिनागबलाऽतिबला च ।
चूर्णमिदं पयसा निशि पेयं यस्य गृहे प्रमदाशतमस्ति ।।३४।।

34. Compound *gokṣura*, seeds of *kṣuraka*, *śatāvara*, purified seeds of *kraunc*, root of *nāgabalā* and *atibalā*. The household which has 100 ladies should consume adequate quantity of this powder with milk during night.

घृतभृष्टमाषदुग्धपायसो वृष्य उत्तमः ।।३५।।

35. Take green *urada* pulse and fry this in *ghṛita* and cook the same with milk treated with sugar. Drink this preparation daily. This is one of the best aphrodisiac measures.

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माक्षीकधातुमधुपारदलोहचूर्णपथ्याशिलाजतुविडङ्गघृतानि लिह्यात् ।
एकाधिविंशति दिनानि गदार्दितोऽपि चाशीतिकोऽपि रमयेत् प्रमदां युवेव ।।३६।।

36. Obtain equal parts of *svarnmākṣika bhasma*, *pārada bhasma* or *rasa sinḍūra*, *lauha bhasma*, *harītakī* powder, purified *śilājātu*and powder of *vāya viḍanga*. Combine these materials and triturate the compound in honey and *ghṛita*. Collect the same in an earthen jar. This medicine should be taken for 21 consecutive days in doses of 500 mg. along with milk in morning as well as in evening. This medication frees the user of all the ailments. Taking this medicine even an elderly of eighty can take a young lady successfully.

नारसिंहचूर्णम्–

शतावरीरजः प्रस्थं प्रस्थं गोक्षुरकस्य च । वाराह्या विंशतिपलं गुडूच्याः पञ्चविंशतिः ।।३७।।
भल्लातकानां द्वात्रिंशच्चित्रकस्य दशैव तु । तिलानां शोधितानाञ्च प्रस्थं दद्यात् सुचूर्णितम् ।।३८।।
त्र्यूषणस्य पलान्यष्टौ शर्करायाश्च सप्ततिः । माक्षिकं शर्कराद्धेन माक्षिकार्द्धेन वै घृतम् ।।३९।।
शतावरीसमं देयं विदारीकन्दजं रजः । एतदेकीकृतं चूर्णं स्निग्धे भाण्डे निधापयेत् ।।४०।।
पलार्द्धमुपयुञ्जीत यथेष्टं चास्य भोजनम् । मासैकमुपयोगेन जरां हन्ति रुजामपि ।।४१।।
वलीपलितखालित्यमेहपाण्ड्वाढ्यपीनसान् । हन्त्यष्टादशकुष्ठानि तथाष्टावुदराणि च ।।४२।।
भगन्दरं मूत्रकृच्छ्रं गृध्रसीञ्च हलीमकम् । क्षयञ्चैव महाव्याधिं पञ्चकासान् सुदारुणान् ।।४३।।
अशीतिंवातजान्रोगांश्चत्वारिंशच्चपैत्तिकान् । विंशतिश्लैष्मिकांश्चापिसंसृष्टान् सान्निपातिकान् ।।४४।।
सर्वानर्शोगदान् हन्ति वृक्षमिन्द्राशनिर्यथा ।।४५।।
स काञ्चनाभो मृगराजविक्रम स्तुरङ्गमञ्चाप्यनुयाति वेगतः ।
स्त्रीणां शतं गच्छति सातिरेकंप्रहृष्टपुष्टश्च यथा विहङ्गः ।।४६।।
पुत्रान् सञ्जनयेद्धीरान् नरसिंहनिभाँस्तथा । नारसिंहमिदं चूर्णं सर्वरोगहरं नृणाम् ।।४७।।
वाराहीकन्दसंज्ञस्तु चर्मकारालुको मतः । पश्चिमे गृष्टिशब्दाख्यो वराहलोमवानिव ।।४८।।

37-48. Narasinha Cūrṇam:

Ingredients: *Śatāvarī*, *gokṣura*, *Vārāhīkanda*, *guḍūcī*, purified *bhallātaka* fruits, *citraka* barks (powder), sesame seeds, *tṛikaṭu* herbs, jaggery, honey, cow *ghṛita* and *vidārīkand* powder.

Process of Drug-Making: Obtain powder of *śatāvarī* and *gokṣura* measuring 750 gm. each, *vārāhīkanda* powder measuring 935 gm., 1125 gm. of *guḍūcī* powder, 1500 gm. of purified *bhallātaka* fruits, 470 gm. of *citraka* barks (powder), powder of sesame seeds 750 gm., powder of *tṛikaṭu* herbs measuring 375 gm., jaggery measuring 3300 gm., honey measuring 1650 gm., cow *ghṛita* measuring 825 gm. and *vidārīkand* powder measuring 750 gm. Stir all of them thoroughly. This is recipe called *Narasinha Cūrṇam*.

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(The *Vārāhīkanda* referred above is also called *carmakaraluka*. In western states it is called *gṛiṣṭi* or *gethi*. The bulb of this plant have hairs like that of a pig, i.e. *vārāha*. Hence, its name *Vārāhīkanda*).

Method of use/Administration: It should be taken in doses of half 6 gm. along with milk. There is no restriction of activities and diets during this medication.

Therapeutic benefits: Taking this medicine for one month regularly, cures one of the symptoms of old age, rheumatic pains as well as such indispositions as *vali-palit*, *khālitya*, *prameha*, anemia, *adhyavata*, *pīnas*, 18 types of *kuṣṭha*, eight types of problems related to gastro intestinal tract, *bhagandara*, *mūtrakṛichra*, *gṛidhrasī*, *halīmaka* and consumption. It also checks five types of *kāsa* (coughs), 80 types of *vāta* diseases, 40 types of *pitta* diseases, 20 types of cough diseases and diseases due to combination of disordered *doṣas*, *sannipātta* and all types of piles. This medicine makes human being as bright as a piece of gold and as powerful as a lion and as swift as a horse. It makes him capable to indulge into intercourse with several women in fashion of a sparrow. Taking with different types of *anupānas* this medicine controls all kinds of diseases.

कामदीपकः (चाण्डालिनीयोगः)–

सितं पुनर्नवामूलं शाल्मलीरसभावितम् । शाल्मलीसत्वनिर्यासं दद्यात्तत्र सम समम् ।।४९।।
गन्धकं सर्वतुल्यञ्च खादेद्रक्तिचतुष्टयम् । अनुपानं प्रकुर्वीत ततः क्षीरं पलद्वयम् ।।५०।।
अयं चाण्डालिनीयोगोऽगम्याऽप्यत्र हि गम्यते । निषेधान्निधनं याति करणात्कामरूपधृक् ।।५१।।

49-51. Kamadeepaka or CāṇḍālīYoga:

Ingredients: Powder of white *punarnavā* roots, decoction of *śālmalī* bulbs, raisin obtained from *śālmalī* (silk cotton tree) and purified *gandhaka*-powder.

Process of Drug-Making: Get the powder of white *punarnavā* roots and triturate it for seven consecutive times with decoction of *śālmalī* bulbs. Finally, dry it. Add to the preparation equal amount of raisin obtained from *śālmalī* (silk cotton tree). Also add to it an equal amount of purified *gandhaka*-powder.

Method of use/Administration: This preparation should be taken in doses of 500 mg. along with honey. The intake should be followed by a drink of sweetened milk measuring 96 ml.

Therapeutic benefits: This prescription agitates aphrodisiac desires. This is called *CāṇḍālīYoga* as well. While taking this medicine one could even take such a lowly lady as a *Candalini*. If one is not indulging in intercourse after taking this

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medicine one can even die. However, if one does so he become as beautiful as Kāmdeva i.e. God of lust.

कामधेनुः–

गन्धकामलकीचूर्णं धात्रीरसविभावितम् । सप्तधा शाल्मलीतोयैः शर्करामधुयोजितम् ।।५२।।
लीढ्वा चानु पयः पानं प्रत्यहं कुरुते तु यः । एतेनाशीतिवर्षोऽपि शतधा रमते स्त्रिया ।।५३।।

52-53. Kamdhenu:

Ingredients: Purified *gandhaka*, *āmalakī* powders, juice of *āmalakī*, decoction of *śālmalī* bulbs, jaggery, honey and milk.

Process of Drug-Making: Take purified *gandhaka* and *āmalakī* powders in equal parts (i.e. 500 gm. each) and compound them into a fine powder. Triturate their combination with juice of *āmalakī* and decoction of *śālmalī* bulbs for seven consecutive times separately.

Method of use/Administration: Take this medicine in measure of 500 mg. to 1 gm. along with jaggery and honey mixed. One should drink milk after taking this medicine.

Therapeutic benefits: Taking this preparation even an old person of eighty can indulge in sexual activities.

हरशशाङ्कः–

शाल्मल्यास्त्वचमादाय श्लक्ष्णचूर्णानि कारयेत् । शुद्धगन्धकचूर्णानि तद्रसेनैव भावयेत् ।।५४।।
मासमात्रप्रयोगेण शृणु वक्ष्यामि ये गुणाः । मकरध्वजरूपोऽपि स्त्रीशतानन्दवर्द्धनः ।।५५।।
शतायुश्च भवेद् देवि वलीपलितवर्जितः । तेजस्वी बलसम्पन्नो वेगेन तुरगोपमः ।।
सततं भक्षेयद्यस्तु तस्य मृत्युर्न जायते ।।५६।।

54-56. Harśaśanka:

Ingredients: Barks of *śālmalī* roots, purified *gandhaka* and decoction or juice of *śālmalī* bulbs.

Process of Drug-Making: Obtain the barks of *śālmalī* roots and powder them thoroughly (500 gm.). Add equal amount of purified *gandhaka* (500 gm.) to it. Churn them together. Finally, triturate the compound along with decoction or juice of *śālmalī* bulbs for seven consecutive times. Triturate the preparation and dry it.

Method of use/Administration: This medicine is to be taken in doses of 1-2 gm. along with jaggery and honey mixed. One should drink milk after taking this medicine.

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Therapeutic benefits: Taking this medicine for one month, one can turn as handsome as Kāmdeva and can successfully enter into sexual activities along with one hundred women. He becomes free from the disease of *vali-palit*. He can continue to live as long as hundred years. He becomes very bright, equipped with strength and as swift as a horse. A person who is using this medicine never faces a premature death.

लक्ष्मणालौहम्–

लक्ष्मणाहस्तिकर्णाभ्यां त्रिकत्रयसमन्वयात् । अश्वगन्धासमायोगाल्लोहं पुंसवनं मतम् ।।५७।।
पुत्रोत्पत्तिकरं वृष्यं कन्यासूतिनिवर्त्तकम् । कृशस्य बलदं श्रेष्ठं सर्वामयहरं परम् ।।५८।।

57-58. Lakṣmaṇā Lauham:

Ingredients: Roots of *lakṣmaṇā* (if it is not available use white variety of *kañṭakārī*), roots of *hastikarnpalāśa*, *ṭrikaṭu* herbs, *ṭriphalā* herbs, *ṭrimada* herbs (*vāyaviḍanga*, *mustā* and *citraka* barks), *aśvagandhā* powder and *lauha bhasma*.

Process of Drug-Making: Get the roots of *lakṣmaṇā* (if it is not available use white variety of *kañṭakārī*), roots of *hastikarnpalāśa*, *ṭrikaṭu* herbs, *ṭriphalā* herbs, *ṭrimada* herbs (*vāyaviḍanga*, *mustā* and *citraka* barks) and *aśvagandhā* powder each measuring 12 gm.. Also take *lauha bhasma* measuring 144 gm. (i.e. equal to all the above). Compound them together into a fine powder.

Therapeutic benefits: This medicine is very famous for a successful *punsavan* ritual. It makes one energetic and free from all kinds of diseases. (The *punsavan* ritual is marked for procuring male issues).

सिद्ध शाल्मलीकल्पः–

ओं सिद्धिरस्तु ।
भूकूष्माण्डं तालमूली धात्री चैव पुनर्नवा । समभागं समाहृत्य भागार्द्धं गन्धकं तथा ।।५९।।
तदर्द्धं पारदं शुद्धं कज्जलीकृत्य निक्षिपेत् । श्वेतशाल्मलितोयेन सप्तधा भावयेत्पुनः ।।६०।।
माहिषेण च दुग्धेन तच्चूर्णं भावयेत् पुनः । शुष्कं तच्चूर्णयेद् यत्नाल्लेहयेन्मधुसर्पिषा ।।६१।।
अनेनाशीतिवर्षोऽपि शतधा रमते स्त्रिया । ऊर्ध्वलिङ्गः सदा तिष्ठेत् कामदेव इव स्वयम् ।।६२।।
ज्वारादिरोगनिर्मुक्तः संसारसुखमश्नुते । माषमेकन्तु कर्त्तव्यं दुग्धमत्रानुपानकम् ।।६३।।

59-63. Siddha Śālmali Kalpa:

Ingredients: *Vidārīkanda*, *muṣalī*, *āmalakī*, *punarnavā*, purified *gandhaka*, purified *pārada*, decoction of white variety of *śālmalī* tree-roots, milk of a buffalo, jaggery and honey.

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Process of Drug-Making: Take 48 gm. measure each of *vidārīkanda*, *muṣalī*, *āmalakī* and *punarnavā* along with 96 gm. measure of purified *gandhaka* and 48 gm. measure of purified *pārada*. First prepare *kajjalī* out of *pārada* and *gandhaka* and mix rest of the materials into it. Triturate the compound along with decoction of white variety of *śālmalī* tree-roots for seven consecutive times. Process the compound for another seven terms along with milk of a buffalo. Finally dry the preparation.

Method of use/Administration: It should be taken in doses of 1-2 gm. along with jaggery and honey mixed. One should drink milk after taking this medicine.

Therapeutic benefits: Taking this medicine makes an elderly of eighty years capable to intercourse with women. He becomes as powerful and full of aphrodisiac capabilities like Kāmdeva. He is free from all kinds of diseases and enjoys himself in the life.

पञ्चशरः–

रसेन सच्छाल्मलिजेन सूतं त्रिःसप्तवाराणि बलिं विमर्द्य ।
पृथक् तयोः कज्जलिकां विपक्वां घृते रसः पञ्चशरोऽयमुक्तः ।।६४।।
बल्लोऽहिवल्लीदलसम्प्रयुक्तो वीर्यातिवृद्धिं कुरुतेऽस्य नूनम् ।
मांसान्नमद्यं गुरु पायसञ्च पयःपिबेन्माहिषमत्र सिद्धम् ।।६५।।

64-65.Pañcaśarah:

Ingredients: Purified *pārada*, purified *gandhaka* and decoction of *śālmalī* roots.

Process of Drug-Making: Obtain equal parts of purified *pārada* and purified *gandhaka*. Triturate them through *bhāvanā* method for 21 consecutive times using decoction of *śālmalī* roots. Prepare a *kajjalī* out of the preparation and place it on a large pan coated with *ghṛitam*. Keep this pan on heat and thus obtain layers (*parpaṭī*) of the preparation. This preparation should be subsequently compounded into powder.

Method of use/Administration: It should be taken in doses of 250-375 mg. along with pack of betel leaves. During the medication one should take meat, liquor, heavy to digest eatables, milk of buffalo and the like.

Therapeutic benefits: Taking this medicine makes one equipped with great aphrodisiac power.

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कामिनीमदभञ्जनः–

शुद्धसूतं समं गन्धं त्र्यहं कह्लारकद्रवैः । मर्दित बालुकायन्त्रे यामैः कूपीगतं पचेत् ।।६६।।
रक्ताङ्गस्य द्रवैर्भाव्यं दिनैकन्तु सितायुतम् । यथेष्टं भक्षयेच्चानु कामयेत्कामिनीशतम् ।।६७।।

66-67. Kaminimadbhañjana:

Ingredients: Purified *pārada*, purified *gandhaka*, juice of red variety of lotus flowers and water treated with *keśara*.

Process of Drug-Making: Prepare a *kajjalī* out of purified *pārada* and purified *gandhaka*. Triturate this for three consecutive days with juice of red variety of lotus flowers. Dry the preparation and keep it in a glass bottle. Place the glass bottle inside a *Bālukā Yañtra* and cook the same for twelve hours. When the preparation gets cooled down to atmospheric temperature remove out the medicine and compound it into a fine powder. This powder should be triturated with solution of water treated with *keśara*. This process should continue for one whole day. Finally, dry the preparation under shadow.

Method of use/Administration: This medicine should be taken in doses of 125 mg. along with jaggery. When feeling hungry one should take meals as per one's desire.

Therapeutic benefits: Taking this medicine makes one capable to enter into sexual activities along with one hundred women.

कामिनीदर्पघ्नः–

कज्जलीकृतसुगन्धकशम्भोस्तुल्यमेव कनकस्य हि बीजम् ।
मर्दयेत्कनकतैलयुतं स्यात् कामिनीमदविधूनन एषः ।।६८।।
रक्तिकाऽर्द्धमिह चास्य सिताढ्यं सेवितं हरति मेहगदौघान् ।
वीर्यदार्ढ्यकरणं कमनीयं द्रावणं निधुवने वनितानाम् ।।६९।।

68-69. Kaminidarpghana:

Ingredients: Purified *pārada*, purified *gandhaka*, powder of purified *vijayā* seeds and oil of *dhatūra* seeds.

Process of Drug-Making: Prepare *kajjalī* out of purified *pārada* and purified *gandhaka* and add to the *kajjalī*, powder of purified *vijayā* seeds in equal measure. Triturate this preparation through oil of *dhatūra* seeds. Triturate the compound and dry it.

Therapeutic benefits: This medicine makes a male capable to defeat his female partner in sexual activities.

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पुष्पधन्वा–

हरजभुजगलौहं चाभ्रकं वङ्गचर्णक्रनकविजययष्टी शाल्मली नागवल्ली ।
घृतमधुसितदुग्धं पुष्पधन्वा रसेन्द्रोरमयति शतरामा दीर्घमायुर्बलञ्च ।।७०।।

70.Puṣpadhanvā:

Ingredients: *Rasa sindūra*, *nāga bhasma*, *lauha bhasma*, *abhraka bhasma*, *vanga bhasma*, juice of *dhatūra* leaves, decoction of *madhuyaṣṭī*, decoction of *śālmalī* and juice of betel leaves.

Process of Drug-Making: Take 12 gm. measure each of *rasa sindūra*, *nāga bhasma*, *lauha bhasma*, *abhraka bhasma* and *vanga bhasma* and compound them into a fine powder. Triturate this compound separately with juice of *dhatūra* leaves, decoction of *madhuyaṣṭī*, decoction of *śālmalī* and juice of betel leaves. Finally, dry the preparation.

Method of use/Administration: This drug is to be taken in doses of 125 mg. along with a mix of *ghṛita* and honey. Following that one should drink sweetened milk. The preparation should be taken in morning as well as in the evening before going to bed.

Therapeutic benefits: Taking this medicine regularly equips one with aphrodisiac capabilities to satisfy no less than one hundred women. The preparation promotes strength and longevity.

पूर्णचन्द्ररसः–

सूताभ्रलोहं सशिलाजतु स्याद् विडङ्गताप्ये मधुना घृतेन ।
सम्मर्द्य सर्वं खलु पूर्णचन्द्रोद्विगुञ्जयुक्तो भवतीह वृष्यः ।।७१।।

71. Purnacandra Rasa:

Ingredients: *Rasa sindūra*, *abhraka bhasma*, *lauha bhasma*, purified *śilājatu*, *vāya viḍanga* powder and *svarṇamākṣika bhasma*.

Process of Drug-Making: Obtain in equal parts *rasa sindūra*, *abhraka bhasma*, *lauha bhasma*, purified *śilājatu*, *vāya viḍanga* powder and *svarṇamākṣika bhasma*. Triturate them together into a fine powder.

Method of use/Administration: Take this preparation in doses of 250 mg. along with a mix of honey and *ghṛitam*.

Therapeutic benefits: It equips one with great aphrodisiac capabilities.

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अनङ्गकुसुमः–

निरुत्थं भस्म सौवर्ण मुक्ता कस्तूरिका तथा । तालसत्त्वं च तत्सर्वं तोलकैकं प्रकल्पयेत् ।।७२।।
कन्यारसेन संमर्द्य चतुर्गुञ्जामिता वटी । वटिकां वटिकार्द्धं वा सर्वरोगेषु योजयेत् ।।७३।।
अनुपानादिकं दद्याद् बुद्ध्वा दोषबलाबलम् । अथवा वीर्यपातेन शुक्रदोषादिभिस्तथा ।।७४।।
क्लीबत्वं ध्वजभङ्गं च रोगांश्चाशु तदुद्भवान् । नाशयेदेष विख्यातोऽनङ्गकुसुमसंज्ञितः ।।७५।।

72-75. Anangakusum:

Ingredients: Purified *svarṇa bhasma*, *muktā bhasma*, *kastūrikā*, *vanśapatra*, *haritāla* and juice of *ghṛitakumārī*.

Process of Drug-Making: Obtain 12 gm. each of purified *svarṇa bhasma*, *muktā bhasma*, *kastūrikā*, *vanśapatra* and *haritāla*. Compound them together and triturate the compound along with juice of *ghṛitakumārī*. Make pills measuring 500 mg. each.

Method of use/Administration: One should take this medicine in doses of half to one pill. Considering the strength of the user, the *anupāna* of the intake could be decided.

Therapeutic benefits: The medicine could be used in treatment of all types of diseases. This medicine treats unregulated seminal discharge and impotency of various kinds.

हेमसुन्दररसः–

मृतसूतस्य पादांशं हेमभस्म प्रकल्पयेत् । क्षीराज्यदधिसंमिश्रं माषैकं कांस्यपात्रके ।।७६।।
लेहयेन्मासषट्कं तु जरामरणनाशनम् । वागुजीचूर्णकर्षैकं धात्रीफलरसाप्लुतम् ।।७७।।
अनुपानं पिबेन्नित्यं स्याद्रसो हेमसुन्दरः ।।७८।।

76-78. Hemasundara Rasa:

Ingredients: *Rasa sindūra*, *svarṇa bhasma*, milk, *ghṛitam* and curd.

Process of Drug-Making: Take *rasa sindūra* measuring 1 part and *svarṇa bhasma* measuring a quarter to that. Compound them together into a fine powder.

Method of use/Administration: One should take this medicine in doses of 125-190 mg. along with milk, *ghṛitam* and curd kept in a copper pot. After taking this medicine one should take 12 gm. measure of *vāgucī* powder by saturating it with juice of *āmalakī*.

Therapeutic benefits: This medicine would remove the danger of death and effects of old age within six months of its use. This is called *Hemasundara Rasa*.

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अनङ्गसुन्दररसः–

शुद्धसूतं रसं गन्धं त्र्यहं कल्हारजैर्द्रवैः । मदितं बालुकायन्त्रे यामं संपुटके पचेत् ।।७९।।
रक्तागस्त्यद्रवैर्भाव्यं दिनमेकं सिताम्बुजैः । यथेष्टं भक्षयेच्चानु कामयेत्कामिनीशतम् ।।८०।।

79-80. Anangasundara Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, juice of red variety of lotus flowers and juice of red *agastya* flowers.

Process of Drug-Making: Prepare a *kajjalī* out of purified *pārada* and purified *gandhaka*. Triturate this for three consecutive days with juice of red variety of lotus flowers. Dry the preparation and keep it in a glass bottle. Place the glass bottle inside a *Bālukā Yañtra* and cook the same for three hours. When the preparation is cool down to atmospheric temperature remove out the medicine and compound it into a fine powder. This powder should be triturated with juice of red *agastya* flowers as well as white lotus. This process should continue for one whole day.

Method of use/Administration: This medicine should be taken along with *anupānas* that could fit the user.

Therapeutic benefits: Taking this medicine makes one capable to enter into sexual activities along with one hundred women.

गन्धामृतरसः–

भस्मसूतं द्विधा गन्धं कन्यकाद्भिर्विमर्दयेत् । रुद्ध्वा लघुपुटे पाच्यमुद्धृत्य मधुसर्पिषा ।।८१।।
वल्लं खादेज्जरां मृत्युं हन्ति गन्धामृतो रसः । समूलं भृङ्गराजञ्च छायाशुष्कं विचूर्णयेत् ।।८२।।
तत्समं त्रिफलाचूर्णं सर्वतुल्या सिता भवेत् । तोलैकं भक्षयेच्चानु सेवनाच्च जरापहम् ।।८३।।

81-83. Gandhamṛita Rasa:

Ingredients: *Pārada bhasma* or *rasa sindūra*, purified *gandhaka*, *ghṛitakumārī* juice, honey and *ghṛitam*.

Process of Drug-Making: Take *pārada bhasma* or *rasa sindūra* measuring 48 gm. and purified *gandhaka* measuring 96 gm.. Compound them together into a fine powder and triturate the mix through *ghṛitakumārī* juice. Prepare pills out of it and placing them in a *śarāva saṁpuṭa*, cook the same through *laghupuṭa* method. When the preparation cools down to atmospheric temperature, remove out the drug and compound it into a fine powder.

Method of use/Administration: This medicine is to be taken in doses of 125 mg. along with honey and *ghṛitam*. Following that, one should take powder of

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bhṛingarāja (taken along with its root) and powder of *triphalā* herbs (each measuring 3 gm.) as well as jaggery measuring 6 gm.

Therapeutic benefits: Using thus, this medicine removes the danger of premature death and diseases.

सिद्धसूतः–

मुक्ताफलं शुद्धसूतं सुवर्णं रूप्यमेव च । यवक्षारञ्च तत्सर्वं तोलकैकं प्रकल्पयेत् ।।८४।।
रक्तोत्पलपत्रतोयैर्मर्दयेत्पत्तलीकृतम् । मर्दयेच्च पुनर्दत्त्वा गन्धकं तदनन्तरम् ।।८५।।
क्षिप्त्वा काचघटीमध्ये संनिरुध्य त्रियामकम् । सिकाताख्ये पचेच्छीतो सिद्धसूतन्तु भक्षयेत् ।।८६।।
पञ्चरक्तिप्रमाणेन मुशलीशर्करान्वितम् । शुक्रवृद्धिं करोत्येष ध्वजभङ्गञ्च नाशयेत् ।।८७।।
दुर्बलं वपुरत्यर्थं बलयुक्तं करोत्यसौ । मुद्गगर्भं घृतं क्षीरं शालयः स्निग्धमामिषम् ।।
पारावतस्य मांशञ्च तित्तिरेश्च सदा हितः ।।८८।।

84-88. Siddhasūta:

Ingredients: *Kalka* of pearls (*muktā phalā*), purified *pārada*, purified *svarṇa patra*, purified *rajata patra*, *yavakṣāra*, juice of red lotus flowers, purified *gandhaka*, powder of *muṣalī* and jaggery.

Process of Drug-Making: Obtain 12 gm. measure each of *kalka* of pearls (*muktā phalā*), purified *pārada*, purified *svarṇa patra* and purified *rajata patra* along with *yavakṣāra*. Triturate them together and triturate the compound along with juice of red lotus flowers for one whole day. Add 12 gm. measure of purified *gandhaka* to the preparation and triturate it into a fine *kajjalī*. Keep this *kajjalī* inside a glass jar (its mouth tightly closed) and place the jar inside a *Bālukāyañtra*. Cook the preparation for twelve hours using slow, middle level and high level heat gradually. When the preparation cools down to the atmospheric temperature, take out the medicine.

Method of use/Administration: Doses of 625 mg. of this prescription should be taken along with powder of *muṣalī* (3 gm.) and jaggery (6 gm.) mixed. Following that, one should drink milk. During use of this preparation one should include the followings among one's meals: sweet dish prepared out of flour of *mudga* beans, pulse soup of *mudga*, *ghṛitam*, milk, rice of *śāli* variety, oily edibles, meat of pigeon and meat of *tittira*.

Therapeutic benefits: Taking this medicine daily in this manner promotes aphrodisiac capabilities and removes impotency of *dhvajabhanga* (premature discharge). The medicine is a great nutrient. It makes even a lean and thin person full of strength.

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मकरध्वजवटी–

सुवर्णं रजतं लौहं कस्तूरी मौक्तिकं तथा । जातीफलं च सर्वेषां प्रत्येकं तुल्यभागिकम् ।।८९।।
लौहाच्च द्विगुणं देयं भस्मसूतं भिषग्वरैः । तत्तुल्यं चन्द्रसंज्ञं च प्रवालं च तथैव च ।।९०।।
सहस्रपुटितं चाभ्रं लौहाच्चतुर्गुणं मतम् । सर्वद्रव्यसमं देयं मकरध्वजचूर्णितम् ।।९१।।
वारिणा वटिकाः कृत्वा भक्षयेच्च विधानतः । सर्वरोगहरी ह्येषा नास्ति कार्या विचारणा ।।९२।।
वातपित्तोद्भवं वाऽपि श्लेष्माणं च विशेषतः । आर्द्रकस्य रसश्चानु संनिपातविनाशनः ।।९३।।
प्राकृतं वैकृतं द्वन्द्वं त्रिदोषं च विनाशयेत् । उन्मादं चानेकविधमज्ञानं वाङ्निरोधकम् ।।९४।।
कान्तिपुष्टिकरी ह्येषा बलीपलितनाशिनी । मकरध्वजवटी ख्याता नाम्ना च भाषिता स्वयम् ।।९५।।

89-95. Makardhvaja Vaṭī:

Ingredients: *Svarṇa bhasma*, *rajata bhasma*, *lauha bhasma*, *muktā bhasma*, *kastūrī*, *jayapāla* (powder), *rasa sindūra*, *karpūra*, *pravāla*, purified *abhraka bhasma*, *svarṇa sindūra*, water and juice of ginger.

Process of Drug-Making: Get 12 gm. measure each of *svarṇa bhasma*, *rajata bhasma*, *lauha bhasma*, *muktā bhasma*, *kastūrī* and *jayapāla* (powder). 24 gm. measure each of *rasa sindūra*, *karpūra* and *pravāla*. Also take 48 gm. measure of thoroughly purified *abhraka bhasma* and 192 gm. measure of *svarṇa sindūra*. Compound all of them together along with water and churning the preparation make pills measuring 250 mg. each.

Therapeutic benefits: Taken with proper *anupānas*, this medicine serves as an eliminator of various diseases. One should not have second thought about its efficacy. This medicine eliminates *sannipātta* if taken with juice of ginger. It also eliminates indispositions due to disordered *vāta*, *pitta* and *kapha*. It removes various kinds of fever like *prākṛitik* (natural), *vaikṛit* (caused due to sorcery), *dvandvaj* (caused by combination of two vitiated *doṣas*), *tṛidhoṣaja* (caused by combination of three vitiated *doṣas*), insanity, different types of fainting and rheumatic problems. This medicine is famous by the name of *Makardhvaja Vaṭī*.
Taken with proper *anupānas*, this medicine serves as an eliminator of various diseases. One should not have second thought about its efficacy. This medicine eliminates *sannipātta* if taken with juice of ginger. It also eliminates indispositions due to disordered *vāta*, *pitta* and *kapha*. It removes various kinds of fever like *prākṛitik* (natural), *vaikṛit* (caused due to sorcery), *dvandvaja* (caused by combination of two vitiated *doṣas*), *tṛidoṣaja* (caused by combination of three vitiated *doṣas*), insanity, different types of fainting and rheumatic problems. This medicine is famous by the name of *Makardhvaja Vaṭī*.

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मन्मथाभ्ररसः–

रसगन्धकयोर्ग्राह्यं पलमेकं सुशोधितम् । अभ्रं निश्चन्द्रकं दद्यात् पलार्द्धञ्च विचक्षणः ।।९६।।
कर्पूरं तोलकं दद्याद् वङ्गञ्च कोलसंमिताम् । ताम्रं तोलार्द्धकं तत्र निःशेषं मारितं पुनः ।।९७।।
लौहकर्षं सुजीर्णञ्च वृद्धदारकजीरकम् । विदारीं शतमूलीञ्चेक्षुरबीजं बलां तथा ।।९८।।
मर्कट्यतिविषे चैव जातीकोषफले तथा । लवङ्गं विजयाबीजं श्वेतसर्जं यमानिकाम् ।।९९।।
शाणभागान् गृहीत्वेतानेकीकृत्ययैव पेपयेत् । गुञ्जाद्वयन्तु कर्त्तव्यं कोष्णं क्षीरं पिबेदनु ।।१००।।
गृहे यस्य शतं नार्यो विद्यन्तेऽतिव्यवायिनः । न तस्य लिङ्गशैथिल्यमौषधस्यास्य सेवनात् ।।१०१।।
न च शुक्रं क्षयं याति न बलं ह्रासतां व्रजेत् । कामरूपी भवेन्नित्यं वृद्धः षोडशवर्षवत् ।।१०२।।
रसायनवरो बल्यो वाजीकरण उत्तमः । रसः श्रीमन्मथाभ्रोऽयं महेशेन प्रकाशितः ।।१०३।।
अस्य भक्षणमात्रेण काष्ठं जीर्यति 'तत्क्षणात् । नाशयेद् ध्वजभङ्गादीन् रोगान्
योगकृतानपि ।।१०४।।

96-104. Manmathabhra Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, black *abhraka bhasma*, camphor, *vanga bhasma*, *tāmra bhasma*, *lauha bhasma*, roots or seeds of plant *vṛiddhadāraka*, white cumin seeds, *vidārīkanda*, *śatāvarī*, *kokilākṣa* seeds, roots or seeds of *balā*, purified seeds of *kraunca*, *ativiṣā*, *jātīkoṣa*, *jātīphala*, clove, purified seeds of plant *vijayā*, *śveta sarja* and powder of *yamānī*.

Process of Drug-Making: Take *kajjalī* of purified *pārada* and purified *gandhaka* measuring 48 gm., 24 gm. of black *abhraka bhasma*, camphor measuring 12 gm., *vanga bhasma* measuring 6 gm., *tāmra bhasma* measuring 6 gm.and *lauha bhasma* measuring 12 gm. and a quarter. Also take roots or seeds of plant *vṛiddhadāraka*, white cumin seeds, *vidārīkanda*, *śatāvarī*, *kokilākṣa* seeds, roots or seeds of *balā*, purified seeds of *kraunca*, *ativiṣā*, *jātīkoṣa*, *jātīphala*, clove, purified seeds of plant *vijayā*, *śveta sarja*, powder of *yamānī* measuring 4 gm. each. Combine all the above ingredients and triturate ing them thoroughly prepare pills measuring 250 mg. each.

Method of use/Administration: This medicine is to be taken in doses of one pill in evening as well as in morning. After this one should take lukewarm milk.

Therapeutic benefits: Using this medicine one becomes capable to take even one hundred women without loosing his aphrodisiac capabilities. He becomes as youthful as Kāmdeva himself. He appears attractive and energetic as a young of 16 years. This drug is one of the best *rasāyaṇa*, energizer and an aphrodisiac preparations. It has been suggested by Mahādeva. Taking this medicine enables one to digest even such items as pieces of wood. The medicine eliminates

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dhavajabhanga (a kind of impotency related to early discharge) and the like indispositions.

श्रीकामदेवरसः–

कामदेवमथो सूते कामिनामं कामदं सदा । यस्य प्रसादतो बल्यो रम्यश्च रमते स्त्रियम् ।।१०५।।
पारदं पलमेकं स्याद् द्विपलं शुद्धगन्धकम् । रक्तकार्पासतोयेन घृष्ट्वा काचस्य कूप्यके ।।१०६।।
निक्षिप्य टङ्गणेनैव मुखं तस्य निरोधयेत् । बालुकायन्त्रमध्यस्थं कूप्यं कुर्याच्च वै दृढम् ।।१०७।।
अहोरात्रं पचेदग्नौ शास्त्रवित्कुशलो भिषक् । शीते चादाय पात्रस्थं कूपिकान्तरलम्बितम् ।।१०८।।
दरदेन समं रक्तं सोज्जवलं भस्म यद्भवेत् । भक्षयेन्माषमेकं च घृतेन मधुना सह ।।१०९।।
पश्चाद् दुग्धं गुडञ्चाज्यं कृष्णेक्षुमपि शर्कराम् । द्राक्षाखर्जूरमधुकप्रभृतीनथ भक्षयेत् ।।११०।।
त्रिफलामधुना शान्तिं याति पित्तं चिरोद्भवम् । निर्गुण्डिकारसेनात्र दुर्वारा वातवेदना ।।१११।।
प्रशमं याति वेगेन नूतनञ्च वपुर्भवेत् । अर्द्धावर्त्तितदुग्धेन गृह्यते यद्ययं रसः ।।११२।।
बन्ध्याऽपि च भवत्येव जीवद्वत्सा सुपुत्रिका ।।११३।।

105-113. Śrī Kāmdeva Rasa:

Ingredients: Purified *pārada*, purified *gandhaka* and juice of red cotton flowers.

Process of Drug-Making: One should take 48 gm. measure of purified *pārada* and 96 gm. measure of purified *gandhaka*. A *kajjalī* should be prepared out of their combination and it should be triturated with juice of red cotton flowers. The preparation should be kept in a glass jar and should be cooked through *Bālukāyañtra* for two full days using a smokeless fire. Subsequently, allow the preparation to cool down to atmospheric temperature. Finally, remove out the drug and compound it into a fine powder.

Method of use/ Administration and Therapeutic benefits: This medicine should be taken in doses of 1 gm. along with a mix of *ghṛita* and honey. Following that, one should take milk, jaggery, *ghṛita*, grapes, *kharajūra*, *kṛiṣṇaekṣu* (dark sugarcanes), *madhuka* and the like. Taking this medicine along with powder of *triphalā* herbs and honey controls chronic *pitta* diseases. If taken with juice of *nirgundī* leaves, the medicine removes difficult rheumatic pains and rejuvenates the body. If a sterile woman takes this medicine with lukewarm water, she is able to bear children having a long life.

This medicine has been named so as it equips the user capability like those of Kāmdeva, the God of lust. As a matter of fact, one could indulge in sexual activities only by the grace of this God.

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मकरध्वजो रसः–

स्वर्णादष्टगुणं सूतं मर्दयेत्त्रिकगन्धकम् । रक्तकार्पासकुसुमैः कुमार्यद्भिर्विमर्दयेत् ।।११४।।
शुष्कं काचघटीं रुद्ध्वा बालुकायन्त्रगं हठात् । भस्म कुर्याद्रसेन्द्रस्य नवार्ककिरणोपमम् ।।११५।।
भागोऽस्य भागाश्चत्वारः कर्पूरस्य सुशोभनाः । लवङ्गं मरिचं जातीफलं कर्पूरमात्रया ।।११६।।
मेलयेद् मृगनाभिञ्च गद्याणकमितं ततः । श्लक्ष्णपिष्टो रसो नाम जायते मकरध्वजः ।।११७।।
वल्लं वल्लद्वयं वाऽथ ताम्बूलीदलसंयुतम् । भक्षयेन्मधुरं स्निग्धं मृदुमांसमवातलम् ।।११८।।
श्रृतशीतं सितायुक्तं दुग्धं गोभवमाज्यकम् । मध्वाद्यं मिष्टमपरं मद्यानि विविधानि च ।।११९।।
करोत्यग्निबलं पुंसां वलीपलितनाशनः । मेधायुः कान्तिजननः कामोद्दीपनकृन्महान् ।।१२०।।
अभ्यासात्साधकःस्त्रीणां शतं जयति नित्यशः । रतिकाले रतान्ते च पुनः सेव्यो रसोत्तमः ।।१२१।।
मानहानिं करोत्यासां प्रमदानां सुनिश्चितः । कृत्रिमं स्थावरविषं जङ्गमं वर्षवारि च ।।१२२।।
न विकराय भवति साधकानाञ्च वत्सरात् । मृत्युञ्जयो यथाभ्यासान्मृत्युं जयति देहिनाम् ।।
तथाऽयं साधकेन्द्रस्य जरामरणनाशनः ।।१२३।।

114-123. Makaradhvaja Rasa:

Ingredients: Purified *svarṇa patra*, *pārada*, *gandhaka*, decoction of red cotton flowers (or their juice), juice of *ghṛitakumārī*, camphor, clove, black pepper, *jātīphala* and *kastūrī*.

Process of Drug-Making: Take 48 gm. measure of purified *svarṇa patra*, 768 gm. measure of *pārada* and 1152 gm. measure of *gandhaka*. Prepare *kajjalī* out of them and triturate it with decoction of red cotton flowers (or their juice) as well as juice of *ghṛitakumārī*. Place this medicine in a glass jar using only its one fourth portion and tightly closing its mouth with piece of cloth wet in mud. Keep this glass jar inside a *Bālukāyañtra* and cook it properly. When the preparation cools down to atmospheric temperature remove out the drug and compound it thoroughly. Add to it, 48 gm. measure each of camphor, clove, black pepper and *jātīphala*. Also treat it with 6 gm. measure of *kastūrī*. Finally, compound all the ingredients together into a fine powder. This medicine is called *Makardhavaja*.

Method of use/Administration: It should be taken in doses of two *valla* along with betel pack. When feeling hungry, one should take sweet and oily edibles. The non-vegetarian should take fried meats that are soft and equipped with *avātala* property (i.e. they do not aggravate the *vāta* content of the body). He should also take warm cow milk treated with jaggery. One should also take different medicines and liquor that have aphrodisiac ingredients in them.

Therapeutic benefits: This medicine promotes the digestive power and eliminates indispositions like *vali* and *palita*. It advances intellectual power, longevity and complexion. It provides great aphrodisiac capability as well. It

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makes one capable to defeat even one hundred women during copulation. Even after having successfully copulated, one remains filled with desire. If one takes this medicine regularly for one year, he is capable to ward off dangers occurring by poisoning as well as by use of contaminated water. One can even defeat death through this medicine as regular prayers and worships to God Mahādeva relive one from danger of (premature) death.

महेश्वररसः–

रसं भस्मीकृतं कोलं गन्धकं शोधितं समम् । लौहं कर्षद्वयं ताम्रमर्द्धकोलकसम्मितम् ।।१२४।।
सुवर्णं जारितं दद्याच्छाणार्द्धं सुविचक्षणः । अभ्रं कर्षद्वयं दद्याच्छाणार्द्धं चन्द्रचूर्णकम् ।।१२५।।
श्यामाबीजं वरीश्चैव बलामतिबलां तथा । एलाञ्च शङ्खपुष्पीञ्च शाणमानं विनिक्षिपेत् ।।१२६।।
जलेन वटिकां कृत्वा गुञ्जामात्रां प्रदापयेत् । सेवनादस्य कन्दर्परूपी भवति मानवः ।।१२७।।
सहस्रं याति नारीणामुत्साहो जायतेऽधिकः । नित्यं स्त्रीसेवनाद् यस्तु क्षीणशुक्रो भवेन्नरः ।।१२८।।
महाशुको भवेत्सोऽपि सेवनादस्य नान्यथा । महाबलो महाबुद्धिर्जायते नात्र संशयः ।।१२९।।
स्थूलानां कर्षकःश्रेष्ठः कृशानां पुष्टिकारकः । रसो विनाशयेद्रोगान् सप्तसप्ताहभक्षणात् ।।१३०।।

124-130. Maheśvara Rasa:

Ingredients: *Pārada bhasma*, *rasa sindūra*, purified *gandhaka*, *lauha bhasma*, *tāmra bhasma*, *svarṇa bhasma*, *abhraka bhasma*, *candra* powder (camphor or *rajata bhasma*), powders of *śyāmā* seeds (*vṛiddhadāraka*), *śatāvarī*, seeds of *balā*, root or seeds of *atibalā*, smaller cardamom, *śankhapuṣpī* and water.

Process of Drug-Making: Obtain the following: 1 *kola* each of *pārada bhasma*, *rasa sindūra* and purified *gandhaka*, 24 gm. of *lauha bhasma*, half *kola* of *tāmra bhasma*, 2 gm. of *svarṇa bhasma*, 24 gm. of *abhraka bhasma*, 2 gm. of *candra* powder (camphor or *rajata bhasma*) and powders measuring 4 gm. each of *śyāmā* seeds (*vṛiddhadāraka*), *śatāvarī*, seeds of *balā*, root or seeds of *atibalā*, smaller cardamom and *śankhapuṣpī*. Triturate all these materials with water and prepare pills measuring 125 mg. each. Subsequently, dry these pills.

Therapeutic benefits: The one who regularly consumes this *Maheśvara Rasa* becomes as beautiful as Kāmdeva and attains the capability to have sex with several women. He also gets filled with desires. The person whose semen content has become very less due to excessive intercourse with women can take this medicine to gain more semen. The medicine also helps him to become more stronger and intelligent. This medicine is very effective to turn an obese into a lean and vice versa. Consuming this medicine regularly for seven weeks cures all types of diseases.

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स्वर्णसिन्दूरम्–

पलं रसेन्द्रस्य च गन्धकस्य हेम्नोऽपि कर्ष परिगृह्य सम्यक् ।
वटप्ररोहस्य रसेन यामंयामं विमर्द्याथ कुमारिकायाः ।।१३१।।
तत्काचकूष्यां निहितं प्रयत्नात् पचेद् विधिज्ञः सिकताख्ययन्त्रे ।
ततो रजश्चोर्ध्वगतं सुरम्यंप्रगृह्य यत्नादरुणप्रभं यत् ।।१३२।।
तद्योजयेत्सर्वगदेषु वीक्ष्य धातुं बलं वह्निमथो वयश्च ।
रसायनं वृष्यतरञ्च बल्यं मेधाग्निकान्तिस्मरवर्द्धनञ्च ।।१३३।।

131-133. Svarṇa Sindūram:

Ingredients: Purified *pārada*, purified *gandhaka*, purified *svarṇapatra*, shoots of *vaṭa* tree and juice of *ghṛitkumārī's* pulp.

Process of Drug-Making: Take 48 gm. measure each of purified *pārada* and purified *gandhaka* along with 12 gm. measure of purified *svarṇapatra*. Prepare *kajjalī* out of these materials according to prescribed method. Triturate the *kajjalī* separately with shoots of *vaṭa* tree and with juice of *ghṛitkumārī's* pulp for three hours each. Subsequently, dry the mix and store it in glass bottle. Place the bottle in *Bālukā Yañtra* and cook the preparation methodically. Subsequently, let the compound cool down to atmospheric temperature. Take out the cooled compound (attached to the neck of bottle).

Method of use/Administration: Depending on the digestive power and condition (age), one can use dosage of the medicine along with proper *anupānas* for treating different types of diseases.

Therapeutic benefits: The *Svarṇa Sindūra* is helpful in promoting strength, intellect, digestive power, luster and aphrodisiac powers of the users.

चन्द्रोदयमकरध्वजः (स्वल्पः)–

जातीफलं लवङ्गं च कर्पूरं मरिचं तथा । प्रत्येकं तोलकं दत्त्वा सुवर्णस्य च माषकम् ।।१३४।।
अण्डजं माषमानञ्च सर्वतुल्यमथेश्वरम् । यत्नतो मर्दयेत् खल्ले द्विगुञ्जां तु वटीं चरेत् ।।१३५।।
एष चन्द्रोदयो नाम रसो वाजीकरः परः । हन्ति रोगानशेषांश्च बलवीर्याग्निवर्द्धनः ।।१३६।।

134-136.Candrodaya Makardhvaja:

Ingredients: *Jātīphala*, clove, camphor, black pepper, *svarṇa bhasma*, *kastūrī*, *rasa sindūra* and water or juice of betel leaves.

Process of Drug-Making: Get 12 gm. measure each of *jātīphala*, clove, camphor, black pepper along with 1 gm. each of *svarṇa bhasma* and *kastūrī*. Also take 48 gm. and 2 gm. of *rasa sindūra*. Combine all these ingredients and triturate

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with water or juice of betel leaves. Subsequently, prepare pills measuring 250 mg. each. Dry these pills under shadow.

Therapeutic benefits: This *Candrodaya Makardhvaja* is a great aphrodisiac *rasāyaṇa*. It promotes strength, semen content and digestive power of the user. It also helps in checking all types of diseases.

चन्द्रोदयमकरध्वजः (बृहत्)–

पलं मृदु स्वर्णदलं रसेन्द्रात् पलाष्टकं षोडश गन्धकस्य ।
शोणैः सुकार्पासभवैः प्रसूनैःसर्वं विमार्द्याथ कुमारिकाऽद्भिः ।।१३७।।
तत्काचकुम्भे निहितं सुगाढे मृत्कर्पटीभिर्दिवसत्रयञ्च ।
पचेत् क्रमाग्नौ सिकताख्ययन्त्रे ततो रजः पल्लवरागरम्यम् ।।१३८।।
संगृह्य चैतस्य पलम्पलानि चत्वारि कर्पूररजस्तथैव ।
जातीफलं सोषणमिन्द्रपुष्पंकस्तूरिकाया इद्द शाणमेकम् ।।१३९।।
चन्द्रोदयोऽयं कथितोऽस्य वल्लोभुक्तोऽहिवल्लीदलमध्यवर्त्ती ।
मदोन्मदानां प्रमदाशतानांगर्वाधिकत्वं श्लथयत्यकाण्डे ।।१४०।।
घृतं घनीभूतमतीव दुग्धंमृदूनि मांसानि समण्डकानि ।
माषान्नपिष्टानि भवन्ति पथ्यान्यानन्ददायीन्यपराणि चात्र ।।१४१।।
वलीपलितनाशनस्तनुभृतां वयःस्तम्भनः समस्तगदखण्डनः प्रचुररोगपञ्चाननः ।
गृहेऽपि गृहभूपतिर्भवति यस्य चनद्रोदयः स पञ्चशरदर्पितो मृगदृशां भवेद्धल्लभः ।।१४२।।

137-142. Candrodaya Makardhvaja (Major Recipe):

Ingredients: Purified *kanṭakvedhīpatra* (sharp layers) of *svarṇa*, purified *pārada*, purified *gandhaka*, decoction or juice of red cotton flowers, pulp juice of *ghṛitakumārī*, camphor, *jātīphala*, *marica*, clove and *kastūrī*.

Process of Drug-Making: Take 48 gm. of purified *kanṭakvedhī patra* (sharp layers) of *svarṇa*, 384 gm. of purified *pārada* and 768 gm. of purified *gandhaka*. First, keep the *pārada* in a stone mortar and adding the *svarṇa patra* into it slowly churn the compound. Continue to churning so that both the materials mix properly to take shape of a *kalka*. Slowly add *gandhaka* to the combination and triturate ing the preparation make *kajjalī* out of it. Triturate it separately with decoction or juice of red cotton flowers and pulp juice of *ghṛitakumārī*. Keep this medicine in a glass bottle and tightly closing its mouth place it inside a *Bālukā Yañtra*. Cook the preparation for three consecutive days giving slow, middle level and high level heating. On fourth day, allow the preparation to cool down to atmospheric temperature. Subsequently remove out the drug deposited in the bottom of glass bottle. Take 48 gm. measure of the preparation, 48 gm. measure of camphor and 4

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gm. measure each of *jātīphala*, *marica*, clove and *kastūrī*. Compound all of them together and thoroughly. Keep the medicine under shadow and dry it. This medicine is called *Makardhvaja*.

Method of use/Administration: It should be taken in doses of 250-500 mg. along with betel pack. During the medication one should take *ghṛita*, thick milk, soft meat, preparation of *urada* flour and like tasteful edibles.

Therapeutic benefits: One who is using this medicine regularly, attains great aphrodisiac capabilities to defeat one hundred women or more in art of love making. This medicine removes *vali-palita* diseases. This medicine is like a lion in the forest of diseases. The household, which keeps this medicine, is always free of diseases. He remains sexually ever prepared and appears lovable for beautiful women having eyes like that of a deer.

कामाग्निसंदीपनः–

पलपरिमितशुद्धं सूतकं गन्धतुल्यंकरदकुनटितुल्यं भावितं शृङ्गबेरैः ।
तदनु कनकबीजैर्भावितं सप्तवारंतदनु सितजयन्त्या शृङ्गरारजैश्च सर्वम् ।।१४३।।
पुटितमुपरि शुष्कं काचकूप्यान्तु क्षिप्तंषडहमुपरि पाच्यं बालुकायन्त्रकैश्च ।।१४४।।
एलाजातीशशाङ्कैर्मृगमदसहितैःसोषणैः साश्वगन्धैस्तुल्यैर्वल्लप्रमाणां प्रतिदिनमशितं प्रातरुत्थाय शुद्धैः ।
ओजः पुष्टिविवर्द्धनोऽतिबलकृत् सर्वेन्द्रियानन्दनः- सर्वातङ्कहरो रसायनवरः कामाग्निसन्दीपनः ।।१४५।।

143-145. Kāmāgni Sandīpana:

Ingredients: Purified *pārada*, purified *gandhaka*, purified *hiñgula*, purified *manahśilā*, juices or decoctions of ginger, *vijayā* (*dhatūra*) seeds, *śveta jayantī*, *bhṛingarāja*, smaller cardamom, *jātīphala*, camphor, *kastūrī*, black pepper and *aśvagandhā*.

Process of Drug-Making: Take 48 gm. measure each of purified *pārada*, purified *gandhaka*, purified *hiñgula* and purified *manahśilā*. Prepare a *kajjalī* out of their combination. Process this *kajjalī* for seven times each with juices or decoctions of ginger, *vijayā* (*dhatūra*) seeds, *śveta jayantī* and *bhṛingarāja*. Keep the preparation inside a glass bottle and place the bottle inside a *Bālukā Yañtra*. Cook it for six days and on seventh day remove out the drug when the pot is cooled down to atmospheric temperature. One get red colour vermilion out of it. Compound it into a fine powder and add to it equal parts of smaller cardamom, *jātīphala*, camphor, *kastūrī*, black pepper and *aśvagandhā*. Subsequently, compound the drug into a fine powder.

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Method of use/Administration: This medicine is to be taken in doses of one *valla* along with honey.

Therapeutic benefits: This is a great nutrient and energizer. It promotes the power of all the body organs and it removes different types of diseases. It is a great aphrodisiac *rasāyaṇa* as well.

सुरसुन्दरी गुडिका–

अभ्रकं माक्षिकं वज्रं कान्तं हेम समं समम् । सर्वाणि समभागानि सूतयुक्तानि कारयेत् ।।१४६।।
गोलकञ्च ततः कृत्वा पक्वं निचुलवारिणा । ततम्तं पुटपाकेन स्तम्भयित्वा प्रयत्नतः ।।१४७।।
वाह्ये वास्यापि लिप्त्वा चवक्त्रस्थागुडिकोत्तमा । स्तम्भयेच्छस्त्रसंघातं द्विपरोगांश्च नाशयेत् ।।१४८।।
अब्देनैकेन वक्त्रस्था वयःस्तम्भं करोति च । बलीपलितहन्त्रीयं गुडिका सुरसुन्दरी ।।१४९।।

146-149. Surāsundarī Guḍikā:

Ingredients: *Abhraka bhasma*, *svarṇamākṣika bhasma*, *hīraka bhasma*, *kāntalauha bhasma*, *svarṇa bhasma*, *rasa sindūra*, decoction of *nicula* (*hijjal*), leaves of *eraṇḍa* plant and water.

Process of Drug-Making: Compound into a fine powder equal parts of *abhraka bhasma*, *svarṇamākṣika bhasma*, *hīraka bhasma*, *kāntalauha bhasma*, *svarṇa bhasma* and *rasa sindūra*. Triturate the preparation along with decoction of *nicula* (*hijjal*). Prepare a lump out of it and wrap it with leaves of *eraṇḍa* plant and cook the medicine through *puṭapāk* method. When it cools down to atmospheric temperature, remove out the cooked medicine and churn it along with water. Make pills out of the preparation. This medicine is called *Surāsundarī Guḍikā*.

Method of use/ Administration and Therapeutic benefits: If one keeps this medicine in mouth, one is free from danger of the injuries of weapons. This medicine also cures indispositions caused by poisoning. It should be used regularly for one year. It promotes longevity and eliminates diseases like *valipalit*.

त्रिफलादिवटी–

त्रिफलां पर्पट कट्वीं त्रायन्ती च समांशिकाम् । सर्वैः समं कुपीलुं च रक्तिद्वयमिता वटी ।।१५०।।
नाशयेच्छुक्रतारल्यं शोधयेच्छोणितं भृशम् । हरेदिन्द्रियशैथिल्यं बल्यं वह्निं च वर्धयेत् ।।१५१।।

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150-151. Tṛiphalādi Vaṭī:

Ingredients: Powders of *tṛiphalā* herbs, *parpaṭa*, *kaṭukī*, *trāyamāṇā*, purified *kupīlū* (*kucilā*) and water.

Process of Drug-Making: Gather equal parts of the powders of *tṛiphalā* herbs, *parpaṭa*, *kaṭukī* and *trāyamāṇā*. Add to it powder of purified *kupīlū* (*kucilā*) in measure equal to combined weight of the above. Churn all of them together along with water and prepare pills measuring 2500 mg.

Therapeutic benefits: Taking this medicine eliminates the thinness of sperms. It also purifies the blood. It promotes digestive powers as well as strength of the body. It makes the sense organs more active.

मोफरवा–

जातीपत्र कणा नागकेशरं शारिवाद्वयम् । मज्जाफलं च कक्कोलं कट्फलं मुस्तकं वचा ।।१५२।।
कर्चूरं मस्तकी मांसी शाल्मल्यगुरुगोक्षुरम् । शतमूली च कटुकी कोकिलाक्षश्च मेथिका ।।१५३।।
पृश्निपर्णी च धुस्तूरो बीजं च कपिकच्छुजम् । धातकी पङ्कजं कुष्ठं मधुकं पद्मकेशरम् ।।१५४।।
जातीफलं चन्दनं च कदली मुषली तथा । विदारीकन्दचूर्णं च प्रियङ्ग्वम्बुलवङ्गकम् ।
आकारकरभं चोपचीनी वारिधिशोषणम् ।।१५५।।
जीवद्वन्द्वसविश्वमूषणवरा एलात्वचो धान्यकंचेन्दुः कुङ्कुमनाभिजं सगगनं चूर्णं समं कारयेत् ।
स्वर्णं तारभुजङ्गवङ्गमयसावज्रंतथाताम्रकम् मुक्ताशाम्भवतालकानिविदिनाशुद्धं मृतं योजयेत् ।।१५६।।
तुर्याशं विजयादलस्य विमलं चूर्णं ततो दापयेत् ।।
तेषामर्धांशयुक्ता विमलतरसिता क्षौद्रमेवं सितांशं स्वल्पं स्वल्पं प्रदेयं मृदुतरदहनैर्लेहसिद्धिर्विधेया ।
शीते क्षिप्त्वा तु चूर्णं घृतपरिलुलितं घट्टयेत्तन्तु दर्व्या- म्लेच्छेनोक्तः सुलेहो मुफर इति मतः सेव्यतां सर्वकाले काम्यं वामाप्रमोदं सकलगदहरं राजयोग्यं प्रदिष्टम् ।।१५७।।

152-157. Mopharvā:

Ingredients: *Jātīpatra*, *pippalī*, *nāgakeśara*, *śveta śārivā*, *kṛiṣṇa śārivā*, *majjāphalā*, *kakkola*, *kaṭphala*, *mustaka*, *vacā*, *karcūra*, *mastakī*, *mānsī*, *śālmali*, *aguru*, *gokṣura*, *śatāvarī*, *kaṭukī*, *kokilākṣa*, seeds of fenugreek (*methikā*), purified seeds of *dhatūra* and *kraunc* (*kapikacchuja*), *dhātakī* flowers, lotus flowers, *kuṣṭha*, *madhuka*, *padmakeśara*, *jātīphala*, *śveta candana*, banana fruits, *śveta muṣalī*, *vidārīkanda*, *priyangu*, *sugandhabālā*, clove, *akarkarābha*, *copcīnī*, *samudra śoṣa*, *jīvaka*, *ṛiṣabhaka*, dried ginger, black pepper, *haraḍa*, *vibhītaka*, *āmalakī*, smaller cardamom, cinnamon bark, coriander seeds, camphor, *keśara*, *kastūrī*, *abhraka bhasma*, *svarṇa bhasma*, *rajata bhasma*, *nāga bhasma*, *vanga bhasma*, *lauha bhasma*, *hīraka bhasma*, *tāmra bhasma*, *muktā bhasma*, *rasa*

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sindūra, *haratāla bhasma*, powder of *vijayā* leaves, pure jaggery, honey and water.

Process of Drug-Making: Take equal parts of the following: *jātīpatra*, *pippalī*, *nāgakeśara*, *śveta śārivā*, *kṛiṣṇa śārivā*, *majjāphalā*, *kakkola*, *kaṭphala*, *mustaka*, *vacā*, *karcūra*, *mastaki*, *mānsī*, *śālmali*, *aguru*, *gokṣura*, *śatāvarī*, *kaṭukī*, *kokilākṣa*, seeds of fenugreek (*methikā*), purified seeds of *dhatūra* and *kraunc* (*kapikacchuja*), *dhātakī* flowers, lotus flowers, *kuṣṭha*, *madhuka*, *padmakeśara*, *jātīphala*, *śveta candana*, banana fruits, *śveta muṣalī*, *vidārīkanda*, *priyangu*, *sugandhabālā*, clove, *akarkarābha*, *copcīnī*, *samudra śoṣa*, *jīvaka*, *ṛiṣabhaka*, dried ginger, black pepper, *haraḍa*, *vibhītaka*, *āmalakī*, smaller cardamom, cinnamon bark, coriander seeds, camphor, *keśara*, *kastūrī*, *abhraka bhasma*, *svarṇa bhasma*, *rajata bhasma*, *nāga bhasma*, *vanga bhasma*, *lauha bhasma*, *hīraka bhasma*, *tāmra bhasma*, *muktā bhasma*, *rasa sindūra* and *haratāla bhasma*. Combine all of them together.

Also take powder of *vijayā* leaves measuring one fourth of the combined weight of the above. Obtain pure jaggery and honey each measuring half of the combined weight of the rest of the ingredients. Add a little quantity of water to the preparation and cook it on a slow heat. When the preparation takes shape of a confection add the above mentioned drugs into it. Stir the preparation thoroughly and keep it in a glass jar. This medicine has been suggested by the *Unānī* physicians (hence, its peculiar name).

Therapeutic benefits: Taking this medicine equips one with tremendous aphrodisiac capabilities. This medicinal confection is capable to eliminate all types of diseases. It is fit to be taken by the royalty and the nobles.

खण्डाम्रकम्–

पक्वचूतरसो द्रोणः पात्रं स्याच्छुद्धखण्डतः । घृतमर्द्धं ततो ग्राह्यं चतुर्थांशञ्च नागरम् ।।१५८।।
तदर्द्धं मरिचं प्रोक्तं तदर्द्धा पिप्पली मता । तोयं खण्डसमं दद्यात् सर्वमेकत्र संस्थितम् ।।१५९।।
विपचेन्मृन्मये पात्रे यदा दर्वीप्रलेपनम् । चूर्णान्येषां ततो दद्यात् पत्रं पलचतुष्टयम् ।।१६०।।
ग्रन्थिकं चित्रकं मुस्तं धान्याकं जीरकद्वयम् । त्र्यूषणं जातितालीशं चूर्णमेषां पलं पलम् ।।१६१।।
त्वगेलाकेशराणाञ्च प्रत्येकञ्च पलं तथा । सिद्धसीते च मधुना प्रस्थं दत्त्वा विघट्टयेत् ।।१६२।।
तत्सर्वमेकतः कृत्वा शुभे भाण्डे निधापयेत् । भोजनादावतः खादेत्तोलकद्वयमानतः ।।१६३।।
गच्छेत् कन्दर्पदर्पान्धो रागवेगाकुलेन्द्रियः । शतं वाऽपि तदर्द्धं वा रमेत् स्त्रीणां पुमानयम् ।।१६४।।
संसेव्य भेषजं ह्येतद् बन्ध्यायां जनयेत् सुतम् । वीरं सर्वगुणोपेतं शतायुश्च भवेदयम् ।।१६५।।
मृतवत्सा च या नारी या च गर्भोपघातिनी । साऽपि सूते सुतं रम्यं नारायणपरायणम् ।।१६६।।
बन्ध्याऽपि लभते पुत्रं वृद्धोऽपि तरुणायते । तुरङ्ग इव संहृष्टो मातङ्ग इव विक्रमी ।।१६७।।

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सदा भेषजसंसेवी भवेन्मारुतवेगवान् । हन्ति सर्वामयं घोरं कासं श्वासं क्षयं तथा ।।१६८।।
दुर्नामाजीर्णकञ्चैव अम्लपित्तं सुदारुणम् । तृष्णां छर्दिञ्च मूर्च्छाञ्च शूलमष्टविधं जयेत् ।।१६९।।
खण्डाम्रकमिदं प्रोक्तं भार्गवेण स्वयम्भुवा वयस्यं मेध्यमायुष्यं सर्वपापविनाशनम् ।।१७०।।
ग्रहरक्षःपिशाचघ्नमपस्मारविनाशनम् । पाण्डुरोगं प्रमेहञ्च मूत्रकृच्छ्रञ्च नाशयेत् ।।१७१।।
वश्या योषिद् भवेत्पुंसां पुमान् वश्यश्च योषिताम् । दृष्टो वारसहस्रञ्च कथमत्र विचारणा ।।१७२।।

158-172. Khaṇḍāmrakam:

Ingredients: Juice of ripe and sweet mango fruits, jaggery, cow *ghṛita*, powder of dried ginger, black pepper powder, powder of pepper, water, cassia leaves powder, *pippalīmūla*, *citraka* roots, *mustaka*, coriander seeds, white cumin seeds, black cumin seeds, dried ginger, *marica*, pepper, *jātīphala*, *tāliśapatra*, cinnamon barks, smaller cardamom, *nāgakeśara* and honey.

Process of Drug-Making: Collect 16 litres of juice of ripe and sweet mango fruits. Four kilograms of jaggery, two kilograms of cow *ghṛita*, powder of dried ginger measuring 250 grams, 200 grams of black pepper powder, powder of pepper measuring 150 grams and water measuring four liters. Cook all of them together. Following that, add to it, 192 gm. measure of cassia leaves powder and 48 gm. measure each of the following: *pippalīmūla*, *citraka* roots, *mustaka*, coriander seeds, white cumin seeds, black cumin seeds, dried ginger, *marica*, pepper, *jātīphala*, *tāliśapatra*, cinnamon barks, smaller cardamom and *nāgakeśara*. Allow the preparation to cool down to atmospheric temperature. Finally, add one kilogram of honey to the preparation.

Method of use/Administration: This medicine should be taken in doses of 24 gm. along with milk in the morning as well as in the evening.

Therapeutic benefits: Using this medicine a person attains huge aphrodisiac capabilities to satisfy more than hundred women. He can even impregnate a sterile lady. The women who is suffering from frequented miscarriages can bear healthy children if her husband uses this medicine. It makes even an elderly to act as a youthful person. He becomes as swift as a horse and as powerful as an elephant. This medicine also cures all types of diseases including *kāsa* (coughs), bronchitis, consumption, piles, indigestion, gastric, morbid thirst, vomitting and fainting along with eight types of colic pains. This medicine has been prescribed by Bhargava. It promotes longevity, intellect and wards off danger of antagonistic celestial agencies like the *rākṣasa* and *piśāca*. The drug eliminates jaundice, *prameha* and *mūtrakṛicchra*. If taken by males, it can make them capable to captivate women while if taken by females the medicine makes them able to

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captivate male partner. This medicine has been tested well and there is no doubt about its efficacy.

गुडकूष्माण्डकम्–

कूष्माण्डकं पलशतं सुस्विन्नं निष्कुलीकृतम् । प्रस्थञ्च घृततैलं च तस्मिंस्तप्ते निधापयेत् ।।१७३।।
त्वक्पत्रधान्यकव्योषजीरकैलाद्वयानलम् । ग्रन्थिकं चव्यमातङ्गपिप्पलीविश्वभेषजम् ।।१७४।।
शृङ्गाटकं कशेरुञ्च प्रलम्बं तालमस्तकम् । चूर्णीकृतं पलांशञ्च गुडस्य तुलया पचेत् ।।१७५।।
शीतीभूते पलान्यष्टौ मधुनः सम्प्रदापयेत् । कफपित्तानिलहरं मन्दाग्नीनाञ्च शस्यते ।।१७६।।
कृशानां बृंहणं श्रेष्ठं वाजीकरणमुत्तमम् । प्रमदासु प्रसक्तानां ये च स्युः क्षीणरेतसः ।।१७७।।
क्षयेण तु गृहीतानां परमेतद् भिषग्जितम् । कासं श्वासं ज्वरं हिक्कां हन्तिच्छर्दिमरोचकम् ।।१७८।।
गुडकूष्माण्डकं ख्यातमश्विभ्यां समुदाहृतम् । खण्डकूष्माण्डवत् पात्रं स्विन्नकूष्माण्डकद्रवः ।।१७९।।

173-179. Guḍa Kūṣmāṇḍakam:

Ingredients: *Kūṣmāṇḍa* (large sized ash gourd), water, *ghṛitam*, oil, old jaggery, cinnamon barks, cassia leaves, coriander seeds, dried ginger, black pepper, pepper, white cumin seeds, smaller cardamom, larger cardamom, *citraka* barks, *pippalīmūla*, *cavya*, *gajapippalī*, dried ginger, *śṛīngāṭaka*, *kaṣeru*, *pralamba*, *tālamastaka* and honey.

Process of Drug-Making: Remove out the bark and seeds of a *kūṣmāṇḍa* (large sized ash gourd) and boil it along with water. Squeeze the cooked fruit and prepare a powder of its pulp. Keep the decocted water separately. Take one 750 ml. measure of *ghṛitam* and oil each and 4800 gm. measure of *kuṣmāṇḍa* powder thus obtained. Fry them together. Get 6 litres measure of the decoction of *kūṣmāṇḍa* referred above and mix it into 4800 gm. of old jaggery. Combine and cook them together into confection. After the confection is ready, add to it the above *kūṣmāṇḍa* powder into it. After that 48 gm. measure powder each of the following should be added to preparation: cinnamon barks, cassia leaves, coriander seeds, dried ginger, black pepper, pepper, white cumin seeds, smaller cardamom, larger cardamom, *citraka* barks, *pippalīmūla*, *cavya*, *gajapippalī*, dried ginger, *śṛīngāṭaka*, *kaṣeru*, *pralamba* and *tālamastaka*. Stir the preparation thoroughly. When it cools down, obtain the preparation and add to it 3840 gm. measure of honey. This medicine is called *Guḍa Kūṣmāṇḍakam*.

One should prepare this medicine in manner of a medicinal confections. (The juice of boiled *kūṣmāṇḍa* could be 6 litres or even 3 litres.)

Therapeutic benefits: It should be taken to eliminate disordered *kapha*, *pitta* and *vāta*. This is a great medicine for those who are having diminished appetite

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and who are lean and thin. This is a great aphrodisiac *rasāyaṇa* as well. The persons who have become less potent and who are suffering through consumption due to excessive love making should use this medicine. The drug also eliminates such indispositions as *kāsa* (coughs), bronchitis, fever, hiccups, vomitting and anorexia. The medicine has been prescribed by the Aśvinīkumāra brothers.

कामेश्वरमोदकः–

धात्रीसैन्धवकुष्टकट्फलकणाशुण्ठीयमानीद्वयंयष्टीजीरकयुग्मधान्यकशटीशृङ्गीवचाकेशरम् ।
तालीशं त्रिसुगन्धिकं समरिचं पथ्याऽक्षमेभिः समंचूर्णीकृत्य मनाक् स्वबीजसहितं भृष्ट्वा तु शक्राशनम ।।१८०।।
सर्वेषां द्विगुणां सितां सुविमलांयत्नाद् भिषङ्निक्षिपेतक्षौद्रंचापिघृतंप्रशस्तदिवसे कुर्याच्छुभान् मोदकान् ।
कर्पूरैरवचूर्णितानपि हितान् दत्त्वा तिलान् भर्जितान् गोप्योऽयं क्षितिमण्डले मितधियां पाखण्डिनामग्रतः ।।१८१।।
आधिव्याधिहरः परः क्षयहरः कुष्ठापहो बृंहणःस्त्रीणां तोषकरो मुखद्युतिकरः शुक्राग्निवृद्धिप्रदः ।
कासश्वासबलासरोगनिचयप्रध्वंसनःप्राणिनांप्रोक्तो ब्रह्मसुतेन सर्वसुखदः कामेश्वरो मोदकः ।।१८२।।
ग्रहगणपरिहीनः सर्वशास्त्रप्रवीणोललितविमलकीर्त्तिः प्राप्तकन्दर्पमूर्त्तिः ।
विगतसकलभीतिर्गीतवाद्याङ्गप्रीतिर्भवति भुवि स देवो येन भुक्तं प्रयत्नात् ।।१८३।।
रहसि युवतिखेलासम्पुटाकर्षहर्षाद् गमयति युवतीनां केलिकौतूहलेन ।
यदि कथमपि भुक्तो भोजनादावथान्ते सुरतरभसमुच्चैर्नष्टकामं प्रकामम् ।।१८४।।
यस्मान्नव्यबृहस्पतिस्तनुधिया यस्मात्सदा वीर्यवान् यस्मादुन्मददाक्षिणात्ययुवतीसम्भोगकौतूहली ।
यस्मात्काव्यकुतूहली सुकविता संजायते लीलया श्रीमद्भिः प्रतिवासरं क्षितितले संसेव्यतां मोदकः ।।१८५।।

180-185. Kāmeśvara Modaka:

Ingredients: Powders of *āmalakī*, rock salt, *kuṭaja*, *kaṭphala*, *pippalī*, dried ginger, caraway seeds, wild caraway seeds, *madhuyaṣṭī*, cumin seeds, black seeds, coriander seeds, *karcūra*, *śṛīngī*, *vacā*, *nāgakeśara*, *tāliśapatra*, cinnamon bark, cassia leaves, smaller cardamom, *marica*, *haraḍa*, *vibhītaka*, *vijayā* seeds (fried in *ghṛitam*), sugar, honey, *ghṛitam*, powdered camphor and fried sesame seeds.

Process of Drug-Making: Obtain powders measuring 12 gm. each of *āmalakī*, rock salt, *kuṭaja*, *kaṭphala*, *pippalī*, dried ginger, caraway seeds, wild caraway seeds, *madhuyaṣṭī*, cumin seeds, black seeds, coriander seeds, *karcūra*, *śṛīngī*, *vacā*, *nāgakeśara*, *tāliśapatra*, cinnamon bark, cassia leaves, smaller cardamom, *marica*, *haraḍa* and *vibhītaka*. Obtain *vijayā* seeds (fried in *ghṛitam*) measuring 276 gm. and 1104 gm. of sugar. Methodologically cook the preparation on an auspicious day. Subsequently, add to it honey and *ghṛitam*. Also add to the preparation powdered camphor and fried sesame seeds. Prepare ball shaped medicinal lumps out of the mix.

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Therapeutic benefits: This prescription should not be disclosed to stupid persons. It removes all kinds of diseases, consumption and various types of *kuṣṭhas*. This is a great aphrodisiac *rasāyaṇa*. It equips one to greatly satisfy women, it promotes sperm and digestive power. It eliminates *kāsa* (coughs), bronchitis and all types of *kapha* related diseases. This medicine provides great comforts to the user. It has been prescribed by Nārada, son of god Brahmā. Its user becomes free of dangers on part of the celestial agents like *grahas*. He appears as handsome as *Kandarpa*, god of lust. Free from diseases he becomes a champion in music and singing. He indulges into love making with fine postures. If one has lost interest in sex, one should use this medicine as it would revive the interest. This medicine make one as intelligent as an incarnation of Brihaspati, god of intellect. The medicine is fit to be taken by the royalty.

कामेश्वरो मोदकः (द्वितीयाः)–

चूर्णांशं गगनं घनार्द्धविमलं गन्धश्च कुष्ठामृता मेथी मोचरसो विदारिमुषली गोक्षूरकश्चेक्षुरः ।
भीरुश्चैवकशेरुकंयमनिकातालाङ्कुरंधान्यकंयष्टी नागबला तिलामधुरिकाजातीफलं सैन्धवम् ।।१८६।।
भार्गी कर्कटशृङ्गकं त्रिकटुकं जीरद्वयं चित्रकंचातुर्जातपुनर्नवाकरिकणाद्राक्षाशटीकट्फलम् ।
शाल्मल्यङ्घ्रिफलत्रिकं कपिभवंबीजं समं चूर्णयेत् ।।१८७।।
चूर्णार्द्धविजयासिताद्विगुणितामध्वाज्यमिश्रन्तुतत् कर्षार्द्धा गुडिकाऽथकर्षमथवा सेव्या सता सर्वदा ।
पेयं क्षीरमनु स्ववीर्यकरणे स्तम्भेऽप्ययं कामिनाम् ।।१८८।।

186-188. Kāmeśvara Modaka (second recipe):

Ingredients: *Kuṣṭha*, *guḍūcī*, fenugreek seeds, *mocarasa*, *vidārī kanda*, *muṣalī*, *gokṣaru*, *kokilākṣa*, *śatāvarī*, *kaṣeru*, *yamānīka*, *tālānkura*, *dhānyaka*, *yaṣṭi*, *karkaṭa śṛingī*, *nāgabalā*, *tila* (sesame seeds), aniseeds, *jātīphala*, rock salt, *bhārgī*, *trikaṭu* herbs, cumin seeds, black cumin seeds, *citraka* roots, cinnamon barks, smaller cardamom, cassia leaves, *nāgakeśara*, *punarnavā*, *gajapippalī*, *drākṣā*, *karcūra*, *kaṭphala*, *śālmali*, *triphalā* herbs, purified seeds of *kapibhava* (*kraunc*), *abhraka bhasma*, purified *gandhaka*, purified *vijayā* leaves, jaggery, honey and *ghṛitam*.

Process of Drug-Making: Take 12 gm. measure each of the *kuṣṭha*, *guḍūcī*, fenugreek seeds, *mocarasa*, *vidārī kanda*, *muṣalī*, *gokṣaru*, *kokilākṣa*, *śatāvarī*, *kaṣeru*, *yamānīka*, *tālānkura*, *dhānyaka*, *yaṣṭi*, *karkaṭa śṛingī*, *nāgabalā*, *tila* (sesame seeds), aniseeds, *jātīphala*, rock salt, *bhārgī*, *trikaṭu* herbs, cumin seeds, black cumin seeds, *citraka* roots, cinnamon barks, smaller cardamom, cassia leaves, *nāgakeśara*, *punarnavā*, *gajapippalī*, *drākṣā*, *karcūra*, *kaṭphala*, *śālmali*,

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triphalā herbs and purified seeds of *kapibhava* (*kraunc*). Also take *abhraka bhasma* measuring one fourth of the above drugs in combination. Also take, purified *gandhaka* measuring half to the *abhraka bhasma* obtained. Thus, also take powder of purified *vijayā* leaves measuring half the measure of the above herbs. Collect jaggery measuring twice the combined weight of all the above ingredients. Prepare a medicinal confection out of the above ingredients put together. Finally, add to it honey and *ghṛitam* in a little quantity and make pills measuring 1 gm. each out of it.

Method of use/Administration: This medicine should be taken in doses of 1-3 gm. along with milk everyday.

Therapeutic benefits: The medicine promotes the content of sperms and equips the user to hold discharge for a greater length.

रतिवल्लभो मोदकः–

शक्राशनस्य बीजाना चूर्णानि पलपञ्च च । हविषः कुडवश्चैकं सिताप्रस्थं प्रगृह्य च ।।१८९।।
शतावरीरसप्रस्थं तथा शक्राशनस्य च । गव्यमाजं पयःप्रस्थं ततः प्रस्थद्वयं पचेत् ।।१९०।।
धात्री द्विजीरकं मुस्तं त्वगेलापत्रकेशरम् । आत्मगुप्ता चातिबला तालाङ्कुरकशेरुकम् ।।१९१।।
शृङ्गाटकं त्रिकटुकं धान्यमभ्रञ्च वङ्गकम् । पथ्या द्राक्षा च काकोल्यौ खर्जूरं क्षुरकं तथा ।।१९२।।
कटुका मधुकं कुष्ठं लवङ्गं सारसैन्धवम् । यमानी चाजमोदा च जीवन्ती गजपिप्पली ।।१९३।।
प्रत्येकं कर्षमेकन्तु चूर्णितानि शुभानि च । कुडवार्द्धं पाकशेषे मधुनः प्रक्षिपेत्ततः ।।१९४।।
मृगाण्डजं सकर्पूरं यथालाभं विनिक्षिपेत् । रतिवल्लभनामाऽयं सेव्यमानो महारसः ।।१९५।।
परमोजस्करो बल्यो वातव्याधिविनाशनः । वातपित्तहरो वृष्या दृष्टिसन्दीपनः परः ।।१९६।।
पित्तश्लेष्मास्त्रपित्तघ्नो विषगुल्मज्वरापहः । पातव्य एष मन्दाग्निरोगाणां क्षयहेतुकः ।।१९७।।
कृशानां बृंहणं श्रेष्ठं वाजीकरणमुत्तमम् । न भवेल्लिङ्गशैथिल्यं वृद्धानां पुष्टिवर्द्धनम् ।।१९८।।
यस्य गेहे सदा बह्व्यः पत्न्यःस्युःसुमनोहराः । तस्य सेव्यः सदैवायं मोदको रतिवल्लभः ।।१९९।।

189-199. Rativallabha Modaka:

Ingredients: Purified *vijayā* seeds powder, cow *ghṛitam*, jaggery, juice of *śatāvarī*, juice or decoction of *vijayā*, cow milk, goat's milk, *āmalakī*, cumin seeds, black cumin seeds, *mustā*, cinnamon barks, smaller cardamom, cassia, *nāgakeśara*, purified *ātmaguptā*, *atibalā* (roots or seed), *tālānkura*, *kaṣeru*, *śṛingāṭaka*, *trikaṭu* herbs, coriander seeds, *abhraka bhasma*, *vanga bhasma*, *haraḍa*, *drākṣā*, *kākolī*, *kṣīrakākolī*, *kharajūra*, *kṣuraka*, *kaṭukī*, *madhuka*, *kuṣṭha*, clove, rock salt, *yamānī*, *ajamodā*, *jīvantī*, *gajapippalī*, honey, *kastūrī* and camphor.

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Process of Drug-Making: Obtain 140 gm. measure of purified *vijayā* seeds powder, 193 gm. of cow *ghṛitam*, 750 gm. of jaggery, 750 ml. each of the juice of *śatāvarī*, juice or decoction of *vijayā*, cow milk and goat's milk. Cook all of them together on a slow heat. When the preparation gets thickened, add to it 12 gm. measure powder of each of the following: *āmalakī*, cumin seeds, black cumin seeds, *mustā*, cinnamon barks, smaller cardamom, cassia, *nāgakeśara*, purified *ātmaguptā*, *atibalā* (roots or seed), *tālānkura*, *kaṣeru*, *śṛīngāṭaka*, *tṛikaṭu* herbs, coriander seeds, *abhraka bhasma*, *vanga bhasma*, *haraḍa*, *drākṣā*, *kākolī*, *kṣīrakākolī*, *kharajūra*, *kṣuraka*, *kaṭukī*, *madhuka*, *kuṣṭha*, clove, rock salt, *yamānī*, *ajamodā*, *jīvantī* and *gajapippalī*. When the preparation is cooked add 23 mg. measure of honey to it along with *kastūrī* (5 gm.) and camphor (20 gm.) in proper quantities. Stir the preparation thoroughly and store it in a glass jar.

Therapeutic benefits: This medicine is a great energizer and *rasāyaṇa*. It cures rheumatic problems, *vāta pitta* and disorders of *pitta* and *kapha doṣas*. It eliminates *gulma* and fever as well. It promotes aphrodisiac power as well as eyesight. One could use the medicine to treat diminished appetite as well. The medicine revitalize the elderly and promotes their physical strength. The household having a number of beautiful women should use this medicine.

कामाग्निसंदीपनमोदकः–

कर्षो रसो गन्धकमभ्रकञ्च द्विक्षारचित्रे लवणानि पञ्च ।
शटीयमानीद्वयकीटहारितालीशपत्राण्यपरं द्विकर्षकम् ।।२००।।
जीरंचतुर्जातलवङ्गजातीफलञ्च कर्षत्रयमेवमन्यत् ।
सवृद्धदारं कटुकत्रयञ्च तथा चतु कर्षमितं निबोध ।।२०१।।
धन्याकयष्टीमधुरीकशेरुकर्षाः पृथक् पञ्चवरी विदारी ।
वरेभकर्णेभबलात्मगुप्ताबीजं तथा गोक्षुरबीजयुक्तम् ।।२०२।।
सबीजपत्रेन्द्ररजः समानं समासिताक्षौद्रघृतञ्चतुल्यम् ।
कर्षैकमिन्दोरथमोदकं तत् कामाग्निसन्दीपनमेतदुक्तम् ।।२०३।।
वृष्यन्त्वतः परतरं सततं न दृष्टमेनं निषेव्य मनुजः प्रमदासहस्रम् ।
गच्छन्न लिङ्गशिथिलत्वमवाप्नुयाच्च नागाधिपं विजयते बलयः प्रमत्तम् ।।२०४।।
कान्त्या हुताशनमपि स्वरतो मयूरान् वाहं जवेन नयनेन महाविहङ्गम् ।
वातानशीतिमथ पित्तगदं समग्रंश्लेष्मोत्थविंशतिरुजः परमग्निमान्द्यम् ।।२०५।।
दुर्नामकामलभगन्दरपाण्डुरोगमेहातिसारकृमिहृद्ग्रहणीप्रदोषान् ।
कासज्वरश्वसनपीनसपार्श्वशूलशूलाम्लपित्तसहितांश्चिरजान् समस्तान् ।।२०६।।
हत्वा गदानपि च तत्पुमपत्यकारि सर्वर्त्तुपथ्यमथ सर्वसुखप्रदायि ।
वृष्यं वलीपलितहारि रसायनं स्याच्छ्रीमूलदेवकथितं परमं प्रशस्तम् ।।२०७।।

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200-207. Kāmāgni Sandīpan Modaka:

Ingredients: Purified *pārada*, purified *gandhaka*, *abhraka bhasma*, *yavakṣāra*, *svarjikṣāra*, *citraka* bark, all five types of five salts, *karcūra*, *yamānī*, *ajamodā*, *vāyaviḍanga*, *tāliśapatra*, cumin seeds, cinnamon barks, smaller cardamom, cassia leaves, *nāgakeśara*, clove, *jātīṇhala*, *vṛiddhadāraka* seeds, *tṛikaṭu* herbs, coriander seeds, aniseeds, *madhuyaṣṭī*, *kaṣeru*, root bark of plant *palāśa*, *nāgabalā*, purified seeds of *ātmaguptā*, *gokṣura*, powders of purified *vijayā* seeds and leaves and jaggery, honey and *ghṛitam*.

Process of Drug-Making: Take 12 gm. measure each of purified *pārada*, purified *gandhaka*, *abhraka bhasma*, *yavakṣāra*, *svarjikṣāra*, *citraka* bark, all five types of five salts, *karcūra*, *yamānī*, *ajamodā*, *vāyaviḍanga* and *tāliśapatra*. Also obtain 24 gm. measure each of cumin seeds, cinnamon barks, smaller cardamom, cassia leaves, *nāgakeśara*, clove and *jātīphala*. Similarly, obtain 36 gm. measure of *vṛiddhadāraka* seeds and *tṛikaṭu* herbs. Also, collect 48 gm. measure each of coriander seeds, aniseeds, *madhuyaṣṭī* and *kaṣeru*. Also collect 60 gm. each of root bark of plant *palāśa*, *nāgabalā*, purified seeds of *ātmaguptā* and *gokṣura*. Combine all of the above ingredients together. Take powders of purified *vijayā* seeds and leaves as well as jaggery each equivalent to the combined weight of all the above ingredients (i.e. 1224 gm. and 2448 gm. respectively). Prepare a medicinal syrup out of the above combination and add to it proper quantity of honey (2448 gm.) and *ghṛitam* (2448 gm.). To make the preparation a bit scented, treat it with 12 g. measure of camphor. Finally prepare pills measuring 12 gm. each.

Therapeutic benefits: No medicine is as effective as this *Kāmāgni Sandīpan Modaka* so far as aphrodisiac power are concerned. This can make the user to satisfy even one thousand women in love making. One become as powerful as an elephant, as sharp as a flame of fire, as swift as a horse. He gains as sweet voice as that of a peacock. Even an elderly becomes like a teenager by using this medicine regularly. This medicine checks 80 types of *vāta* diseases, all types of *pitta* diseases, 20 types of *kapha* diseases, diminished appetite, piles, anemia, jaundice, *bhagandara*, *prameha*, diarrhoea, worm infestation, heart troubles, *grahaṇī*, bronchitis, *kāsa* (coughs), fever, sinus, *pārśavaśūla*, pain in the body and acidity. A user of this drug would father a male issue. This medicine is a great aphrodisiac *rasāyaṇa*. It removes the diseases called *vali* and *palita*. The medicine has been prescribed by Śrī Mūladeva.

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शतावरीमोदकः (बृहत्)–

शतावरी श्वदंष्ट्रा च बला चातिबला तथा । मर्कटीक्षुरबीजञ्च विदारीकन्दजं रजः ।।२०८।।
एतानि समभागानि पलिकानि विचूर्णयेत् । तस्माच्चतुर्गुणं देयं त्रैलोक्यविजयारजः ।।२०९।।
एतदेकीकृतं यावत्तदर्द्धं माहिषं पयः । तावन्मात्रेण दातव्यः शतावर्या रसस्तथा ।।२१०।।
विदार्याः स्वरसप्रस्थं सिता शतशतद्वयम् । घोलयित्वा सिताञ्चैव पात्रे ताम्रमये दृढे ।।२११।।
पाचयेत् पाकविद्वैद्यौ मोदकं परमं हितम् । त्र्यूषणं त्रिफला दन्ती त्रिजातं सैन्धवं शटी ।।२१२।।
धान्यकं बालकं मुस्तं कस्तूरी गोस्तनी तुगा । जातीकोषफले मांसी पत्रं वीरेन्द्रग्रन्थिकम् ।।२१३।।
शतपुष्पा चवी दारु प्रियङ्गु सलवङ्गकम् । सरलं शैलजं कुम्भं जातीपुष्पं यमानिका ।।२१४।।
कट्फलं केशरं मेथी मधुकं सुरदारु च । मिशितालीशपत्रञ्च खर्जूरं रसगन्धकौ ।।२१५।।
चन्दनं तगरं क्षारं प्रत्येकं कर्षसम्मितम् । आलोड्य त्रिसुगन्धेन कर्पूरेणाधिवासयेत् ।।२१६।।
काञ्चने राजते पात्रे स्थाप्यमेतद्भिषग्वरैः । कर्षप्रमाणं कर्त्तव्यं क्षीरं चानुपिबेत्पलम् ।।२१७।।
प्रातर्भोजनकाले वा भक्षयेत्तु विचक्षणः । प्रमदाशतञ्च भजते न च शुक्रक्षयो भवेत् ।।२१८।।
न तस्य लिङ्गशैथिल्यं शुक्रसंजननं परम् । मासैकमुपयोगेन जरां हन्ति न संशयः ।।२१९।।
बल्यं परं वातहरं शुक्रसञ्जननं परम् । क्षयञ्चैव महाव्याधिं पञ्चकासान् सुदुस्तरान् ।।२२०।।
वातजान् पैत्तिकांश्चैव कफजान् सान्निपातिकान् । हन्त्यष्टादशकुष्ठानि वातरक्तादिकानि च ।।२२१।।
प्रमेहं श्लीपदं शोथं लक्ष्मीकान्तिविवर्द्धनम् । सर्वानर्शोगदान् हन्ति वृक्षमिन्द्राशनिर्यथा ।।२२२।।
व्याधीन् कोष्ठगतानान्याञ्जनार्दन इवासुरान् । नातः परतरं श्रेष्ठं विद्यते वाजिकर्मसु ।।२२३।।
स्त्रीणाञ्चैवानपत्यानां दुर्बलानाञ्च देहिनाम् । क्लीबानामल्पशुक्राणां जीर्णानामल्परेतसाम् ।।२२४।।
ओजस्तेजः स्वरं बुद्धिमायुः प्राणान् विवर्द्धयेत् ।।

208-224. Śatāvarī Modaka (Major Recipe):

Ingredients: *Śatāvarī*, *gokṣura*, *balā*, *atibalā* roots, purified *ātmaguptā* seeds, *kokilākṣa* seeds, *vidārī kanda*, *vijayā* powder, milk of buffalo, juice of *śatāvarī*, juice of *vidārī kanda*, jaggery, *tṛikaṭu* herbs, *tṛiphalā* herbs, *dantī* roots, cinnamon barks, smaller cardamom, cassia leaves, rock salt, *karcūra*, coriander seeds, *netrabālā*, *mustā*, *kastūrī*, *drākṣā*, *vanśalocana*, *jātīkoṣa*, *jātīphala*, *jaṭāmānsī*, cassia leaves, *kṣīrakākolī*, *indrayava*, *pippalīmūla*, aniseeds, *cavya*, *dāru haridrā*, *priyangu*, clove, *saral kāṣṭha*, *śailaja*, purified *guggulu*, jasmine flowers, *yamānī*, *kaṭphala*, *nāgakeśara*, *methikā*, *yaṣṭi*, *devadāru*, *miśi*, *tāliśapatra*, *kharajūra* (juice), *kajjalī* of *gandhaka*, *śveta candana*, *tagar*, *yavakṣāra*, aromatic herbs like *tṛisugandhi* and camphor.

Process of Drug-Making: Gather 50 gm. measure of *śatāvarī*, *gokṣura*, *balā* and *atibalā* roots, purified *ātmaguptā* seeds, *kokilākṣa* seeds and *vidārī kanda*. Obtain *vijayā* powder measuring four times of the above drugs combined (i.e. 1200 gm.). Take milk of buffalo measuring half to the above ingredients (i.e. 750 ml.). Also collect juice of *śatāvarī* measuring 750 ml., juice of *vidārī kanda*

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measuring 750 ml. and jaggery measuring 9340 gm. First boil the milk along with *śatāvarī* juice and *vidārī kanda* juice. Dissolve all of the powders above into it and keep the preparation into a copper vessel. Cook the preparation. When it gets thicken add to it 12 gm. measure each of the following: *tṛikaṭu* herbs, *tṛiphalā* herbs, *dantī* roots, cinnamon barks, smaller cardamom, cassia leaves, rock salt, *karcūra*, coriander seeds, *netrabālā*, *mustā*, *kastūrī*, *drākṣā*, *vanśalocana*, *jātīkoṣa*, *jātīphala*, *jaṭāmānsī*, cassia leaves, *kṣīrakākolī*, *indrayava*, *pippalīmūla*, aniseeds, *cavya*, *dāru haridrā*, *priyangu*, clove, *saral kāṣṭha*, *śailaja*, purified *guggulu*, jasmine flowers, *yamānī*, *kaṭphala*, *nāgakeśara*, *methikā*, *yaṣṭi*, *devadāru*, *miśi*, *tāliśapatra*, *kharajūra* (juice), *kajjalī* of *gandhaka*, *śveta candana*, *tagar* and *yavakṣāra*. Stir the preparation properly and keep it in a glass ware that contains aromatic herbs like *tṛisugandhi* and camphor (12 gm. each).

Method of use/Administration: This medicine should be taken in doses of 12 gm. along with lukewarm milk in the morning or during meals time.

Therapeutic benefits: The user of this medicine can make love with more than 100 women. The drug is prescribed to the elderly. Taken for one month regularly, this medicine checks the effect of old age. This is a great energizer and aphrodisiac *rasāyaṇa*. It removes *vāta* diseases, consumption, severe diseases of different varieties including five types of *kāsa* (coughs), 18 types of *kuṣṭha*, gout, *prameha* (i.e. urinary disorders including diabetes), elephantiasis, edema, piles and problems related to gastro intestinal tract. As the *vajra* can destroy easily the trees and as God Viṣṇu eliminate the demons this medicine can control the diseases. The drug also promotes beauty and charm of the user. No aphrodisiac *rasāyaṇa* can match its capabilities. This medicine can be prescribed to issueless women, weak, impotent and elderly and the like. This drug also promotes powder of speech, intellect and vitality of the user.

महाकामेश्वरो मोदकः–

यथोक्तं द्रव्यसंचूर्णं प्रयोज्य मृतमभ्रकम् । गगनार्द्धं शुद्धलौहं लौहार्द्धं वङ्गभस्मकम् ।।२२५।।
जातीकोषफले चैव संचूर्ण्य तत्र दापयेत् । त्रिकटु त्रिफला मुस्तं चातुर्जातकसैन्धवम् ।।२२६।।
शृङ्गजीरकयुग्मं च धान्याकं ग्रन्थिपर्णकम् । मांसी शतावरी कुष्ठं तुगा द्राक्षा लवङ्गकम् ।।२२७।।
बलाऽतिबलयोर्मूलं चषिका देवताडकम् । यमानी शतपुष्पा च मर्कटीबीजबिल्वयोः ।।२२८।।
काकोली क्षीरकाकोली तालाङ्कुरं सटङ्गणम् । शालपर्णी त्रिकण्टं च चित्रकं कुन्दुरुर्मुरा ।।२२९।।
पुनर्नवाऽश्वगन्धा च मोचकं गजपिप्पली । कट्फलं तालमस्तं च यष्टीमधुकमेव च ।।२३०।।
मधुरिका तालीशं च अनन्ता च प्रियङ्गुकम् । बालकं वृद्धदारं च शाल्मली पिण्डखर्जूरम् ।।२३१।।
विदारी पृश्निपर्णाङ्घ्रि पद्यकं क्षुरबीजकम् । मेथी परूषकं चैव चन्दनं मरिचं तिलम् ।।२३२।।

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शृङ्गी सरलकाष्ठं च कर्पूरं विश्वभेषजम् । समभागानि चैतानि चूर्णमेषां प्रकल्पयेत् ।।२३३।।
शोधितं विजयाचूर्णं सर्वचूर्णार्द्धसंयुतम् । सिता च द्विगुणा देया मोदकार्थं भिषग्वरैः ।।२३४।।
मध्वाज्यमिश्रितं कृत्वा कर्षमानं तु मोदकम् । प्रातश्च भक्षयेन्नित्यं सर्वव्याधिविवर्जितम् ।।२३५।।
नानावर्णमतीसारं संग्रहग्रहणीहरम् । प्रमेहं च महाव्याधिं यक्ष्माणं क्षयमेव च ।।२३६।।
नारीशतं च रमते न च शुक्रक्षयो भवेत् । न तस्य लिङ्गशैथिल्यं वृद्धानां परमौषधम् ।।२३७।।
बल्यं वृष्यं वातहरं शुक्रस्य जननं परम् । नैतत् परतरं किंचिद्विद्यते वाजिकर्मसु ।।२३८।।
स्त्रीणां चैवानपत्यानां दुर्बलानां च देहिनाम् । क्षीणानामल्पशुक्राणां वृद्धानामल्परेतसाम् ।।२३९।।
ओजःस्थिरकरं चैव स्त्रीषु कामविवर्द्धनम् । मृत्युसंजीवनीतन्त्रे पातञ्जलमुनेर्मतम् ।।२४०।।
महाकामेश्वरो ह्येष बलपुष्टिविवर्द्धनः । रोगानेताञ्जयेत्तेन महादेवेन निर्मितम् ।।२४१।।

225-241. Mahākāmeśvar Modaka:

Ingredients: *Abhraka bhasma*, *lauha bhasma*, *vanga bhasma*, powders of the following herbs: *jātīkoṣa*, *jātīphala*, dried ginger, pepper, black pepper, *triphalā* herbs, *mustā*, cinnamon barks, smaller cardamom, cassia leaves, *nāgakeśara*, rock salt, *śṛingī*, black cumin seeds, white cumin seeds, coriander seeds, *granthiparṇa*, *mānsī*, *śatāvarī*, *kuṣṭha*, *vanśalocana* (*tulā*), *drākṣā*, clove, *balā*, *atibalā* (roots), *cavya*, *devātāḍakam*, *yamānī*, aniseeds, seed pulp of unripe *bilva* fruit, *kākolī*, *kṣīrakākolī*, *tālānkura*, purified borax, *śālaparṇī*, *gokṣura*, *citraka*, *kunduru* (raisin of plant *śallakī*), *murāmānsī*, *punarnavā*, *aśvagandhā*, *mocarasa*, *gajapippalī*, *katphala*, *tālānkura*, *yaṣṭi*, aniseeds, *tāliśapatra*, *anantamūla*, *priyangu*, *sugandhabālā*, *vṛiddhadāraka* (seeds), *śālmalī* (roots), *pinḍakharajūra*, *vidārī*, *pṛiśniparṇī*, *padmka*, *kṣurbījakam*, *methikā*, *paruṣka*, *raktacandana*, black pepper, black sesame seeds, *karkatśṛingī*, *saral kāṣṭha*, camphor and dried ginger, *ghṛitam* roasted *vijayā*, honey and *ghṛitam*.

Process of Drug-Making: Take 12 gm. measure of *abhraka bhasma*, 6 gm. of *lauha bhasma*, 3 gm. of *vanga bhasma* and 12 gm. measure powders of the following herbs: *jātīkoṣa*, *jātīphala*, dried ginger, pepper, black pepper, *triphalā* herbs, *mustā*, cinnamon barks, smaller cardamom, cassia leaves, *nāgakeśara*, rock salt, *śṛingī*, black cumin seeds, white cumin seeds, coriander seeds, *granthiparṇa*, *mānsī*, *śatāvarī*, *kuṣṭha*, *vanśalocana* (*tulā*), *drākṣā*, clove, *balā*, *atibalā* (roots), *cavya*, *devātāḍakam*, *yamānī*, aniseeds, seed pulp of unripe *bilva* fruit, *kākolī*, *kṣīrakākolī*, *tālānkura*, purified borax, *śālaparṇī*, *gokṣura*, *citraka*, *kunduru* (raisin of plant *śallakī*), *murāmānsī*, *punarnavā*, *aśvagandhā*, *mocarasa*, *gajapippalī*, *katphala*, *tālānkura*, *yaṣṭi*, aniseeds, *tāliśapatra*, *anantamūla*, *priyangu*, *sugandhabālā*, *vṛiddhadāraka* (seeds), *śālmalī* (roots), *pinḍakharajūra*, *vidārī*, *pṛiśniparṇī*, *padmka*, *kṣurbījakam*, *methikā*, *paruṣka*, *raktacandana*, black pepper,

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black sesame seeds, *karkaṭśṛingī*, *saral kāṣṭha*, camphor and dried ginger. Also take *ghṛitam* roasted *vijayā* measuring half of the above ingredients combined as well as honey measuring twice the above ingredients in quantity. Cook the medicine properly and mix it with honey and *ghṛitam* in proper quantities. Make 12 gm. measure of pills of the above.

Method of use/Administration: Use the medicine daily.

Therapeutic benefits: It checks all kinds of diseases. It controls diarrhoea, *sangrahaṇī*, *prameha*, *yakṣamā* or consumption and the like. It can equip one aphrodisiac power to satisfy one hundred women. This medicine is a great prescription for the elderly. It is a great aphrodisiac *rasāyaṇa*. No medicine can equal its efficacies. It should be prescribed to the issueless couples and to those who are lean and thin as well as elderly. It energizes the user and fills him with desires. The drug has been prescribed by sage Pātanajali. It is a great nutrient and eliminator of all the diseases. The medicine was first propounded by God Mahādeva.

श्रीमदनानन्दमोदकः–

सूतो गन्धस्तथा लौहं त्रिसमं शुद्धमभ्रकम् । कर्पूरं सैन्धवं मांसी धात्र्येला च कटुत्रयम् ।।२४२।।
जातीकोषफलं पत्रं लवङ्गं जीरकद्वयम् । यष्टीमधु वचा कुष्ठं हरिद्रा देवदारुकम् ।।२४३।।
ऐज्जलं टङ्गणं भार्गी नागरं पुष्पकेशरम् । शृङ्गी तालीशपत्रञ्च द्राक्षाऽग्निदन्तमूलकम् ।।२४४।।
बला चातिबला चोचं धनिकेभकणा शटी । सजलं जलदं गन्धा विदारी च शतावरी ।।२४५।।
अर्कवानरीवीजञ्च गोक्षुरं वृद्धदारकम् । त्रैलोक्यविजयाबीजं समांशं पेषयेद् भिषक् ।।२४६।।
शतावरीरसं दत्त्वा श्लक्ष्णचूर्णं समाचरेत् । शाल्मलीमूलचूर्णन्तु चूणाङ्घ्रिसममाहरेत् ।।२४७।।
चूर्णार्द्धं विजयाचूर्णं विशुद्धं तत्र दापयेत् । सर्वमेकत्र संयोज्य छागीक्षीरेण पेषयेत् ।।२४८।।
मोदकार्थे सिता देया पाकयोग्या तथा मधु । नातिवाह्यञ्च धूमान्ते पाचयेन्मन्दवह्निना ।।२४९।।
चातुर्जातं सकर्पूरं सैन्धवं सकटुत्रयम् । सञ्चूर्ण्य च ततो देयं हव्यं किञ्चिन्निधापयेत् ।।२५०।।
पाकं ज्ञात्वा शाणमिदं मोदकं परिकल्पयेत् । भूतनाथे सुरपतौ रतिनाथे तथैव च ।।२५१।।
हुतभुजि गणनाथे च मोदकाग्रं निवेदयेत् । मूलमन्त्रं समुच्चार्य हुताशने समर्पयेत् ।।२५२।।
ततोऽभिमन्त्रितम् । 'ॐ 'ह्रीं शं सः अमृतं कुरु कुरु अमृते अमृतोद्भवाय नमः ह्रीं अमृतं कुरु कुरु अमृतेश्वराय स्वाहा । ॐ स्वाहा । 'इति मन्त्रेणाभिमन्त्रितं कृत्वा पात्रान्तरे स्थापयेत् ।।२५३।।
काञ्चने राजते काचे मृद्भाण्डे वा निधापयेत् । प्रातःकाले शुचिर्भूत्वा हरगौरीं प्रपूजयेत् ।।२५४।।
कालानलभवं बीजं सतिलं घृतसंयुतम् । गव्यक्षीरं सितायुक्तमनुपेयञ्च पायसम् ।।२५५।।
विलासार्थं प्रदोषे च मोदकं परिसेवयेत् । त्रिसप्ताहप्रयोगेण कामान्धो जायते नरः ।।२५६।।
कामज्वरो भवेत्तावद्यावन्नारीं न गच्छति । स सहस्रवरारोहा रमयत्यपि सोद्गमः ।।२५७।।
न च लिङ्गस्य शैथिल्यं वेगवीर्यं विवर्द्धयेत् । प्रमदाप्राणबाहुल्यं मत्तवारणविक्रमः ।।२५८।।
वामावश्यकरो रम्य ऊर्ध्वरिता भवेन्नरः । कामतुल्यं भवेद्रूपं स्वरः परभृतोपमः ।।२५९।।

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खगतुल्या भवेद् दृष्टिर्वृद्धोऽपि तरुणायते । अष्टोत्तरं भजेद्यस्तु भवेत्तस्य सुधोपमम् ।।२६०।।
वीर्यवृद्धिकरं श्रेष्ठं जरामृत्युविनाशनम् । अपस्मारज्वरोन्मादक्षयानिलगदापहम् ।।२६१।।
कासं श्वासं सशोथञ्च भगन्दरगुदामयम् । अग्निमान्द्यमतीसारं विविधं ग्रहणीगदम् ।।२६२।।
बहुमूत्रं प्रमेहञ्च शिरोरोगमरोचकम् । हन्ति सर्वगदान् घोरान् वातपित्तबलासजान् ।।२६३।।
बन्ध्या च मृतवत्सा च नष्टपुष्पा च या भवेत् । बहुपुत्रा जीवद्वत्सा भवेदस्य निषेवणात् ।।२६४।।
हरते सूतिकारोगं वृक्षामिन्द्राशनिर्यथा । मोदकं मदनानन्दं सर्वरोगे महौषधम् ।।२६५।।
कथितं देवदेवेन रावणस्य हितार्थिना ।।२६६।।

242-266. Śrī Madanānanda Modaka:

Ingredients: Purified *pārada*, purified *gandhaka*, *lauha bhasma*, *abhraka bhasma*, *abhraka bhasma*, camphor, rock salt, *mānsī*, *āmalakī*, smaller cardamom, dried ginger, black pepper, pepper, *jātīkoṣa*, *jātīphala*, cassia leaves, clove, white and black cumin seeds, *yaṣṭi*, *vacā*, *kuṣṭha*, *haridrā*, *deva dāru*, *aijjal* (purified seeds of it), purified borax, *bhārgī*, dried ginger, *nāgakeśara*, *karkarśṛīngī*, *tāliśapatra*, *drākṣā*, *citraka* bark, *dantī* roots, roots of *balā* and *atibalā*, cinnamon bark, coriander seeds, *gajapippalī*, *karcūra*, *netrabālā*, *mustā*, *gandhaprasāriṇī* (roots), *vidārī kanda*, *śatāvarī*, *arka* (roots), *ātmaguptā* (its purified seeds), *gokṣur*, *vṛiddhadāraka* seeds as well as purified *vijayā* seeds, juice of *śatāvarī*, powder of *śālmali*, purified *vijayā*, jaggery, cow milk, cinnamon bark, smaller cardamom, cassia leaves, *nāgakeśara*, camphor, rock salt, *tṛikaṭu* herbs, honey and *ghṛitam*.

Process of Drug-Making: Take 12 gm. measure each of purified *pārada*, purified *gandhaka* and *lauha bhasma* along with 36 gm. measure of *abhraka bhasma*. Also gather 12 gm. measure each of the following: *abhraka bhasma*, camphor, rock salt, *mānsī*, *āmalakī*, smaller cardamom, dried ginger, black pepper, pepper, *jātīkoṣa*, *jātīphala*, cassia leaves, clove, white and black cumin seeds, *yaṣṭi*, *vacā*, *kuṣṭha*, *haridrā*, *deva dāru*, *aijjal* (purified seeds of it), purified borax, *bhārgī*, dried ginger, *nāgakeśara*, *karkarśṛīngī*, *tāliśapatra*, *drākṣā*, *citraka* bark, *dantī* roots, roots of *balā* and *atibalā*, cinnamon bark, coriander seeds, *gajapippalī*, *karcūra*, *netrabālā*, *mustā*, *gandhaprasāriṇī* (roots), *vidārī kanda*, *śatāvarī*, *arka* (roots), *ātmaguptā* (its purified seeds), *gokṣur*, *vṛiddhadāraka* seeds as well as purified *vijayā* seeds. Prepare *kajjalī* out of *pārada* and *gandhaka* and mix into it the *lauha bhasma* and *abhraka bhasma*. Triturate this preparation with juice of *śatāvarī*. Obtain powder of *śālmalī* in measure of a one fourth of the above herbs combined and powder of purified *vijayā* measuring half of the above powders in combination. Triturate the preparation thoroughly. Take jaggery measuring twice the above powders as well as four times measure of cow milk. Cook the medicine on a slow heat and when it takes shape of confections add to it all the above

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ingredients. Stir the preparation properly. Raise 24 gm. measure of the following drugs taken in equal parts: cinnamon bark, smaller cardamom, cassia leaves, *nāgakeśara*, camphor, rock salt and *tṛikaṭu* herbs. Add this to the above preparation along with proper quantities of honey and *ghṛitam*. Make pills measuring 2 gm. each out of the preparation. The medicine should be offered first of all to Gods like Mahādeva, Indra, Kāmdeva, Agni and Ganeśa. One should also charge the medicine by the following *mantra*:

Aum hṛim śum saha amṛitam kuru kuru amṛitey amṛitodbhavāya namah hṛim amṛitam kuru kuru amṛiteśvarāya svahā aum svahā'

Following that, preserve the medicine in a golden, silver or copper pot or in a glass bottle. The following day, one should worship God Mahādeva and Goddess Parvati. The medicine should be taken only after that.

Method of use/Administration: Take the medicine in doses as per requirement and consume *anupānas* of *rudrākṣa* powder (1 gm.), black sesame powder measuring 3 gm. and cow *ghṛita* measuring 12 gm.. Optionally, one can take cow milk treated with jaggery. One can also take this medicine in evening.

Therapeutic benefits: Taking this medicine for three weeks makes the user sexually excited. As long as he does not fulfill his lust he can suffer through fever. The medicine equips one aphrodisiac capability to satisfy thousands of beautiful women. The user become loveable to the women. He becomes powerful like an elephant. He can easily captivate women. The user also become as handsome as Kāmdeva. He gains a sweet voice like one of the cuckoo and a powerful vision that of the celestial bird *garuḍa*. The medicine turns an elderly into a youthful personality. The elderly using the drug gains aphrodisiac capabilities and freedom from premature death. The medicine also eliminates such diseases as epilepsy, fever, insanity, consumption, bronchitis, *kāsa* (coughs), edema, *bhagandara*, piles, diminished appetite, diarrhoea of different varieties, *grahaṇī*, polyurea, *prameha*, head diseases, anorexia and severe types of disorder among *vāta*, *pitta* and *kapha*. The medicine should be prescribed to a lady who has lost her menses. The medicine makes such ladies capable to bear a number of children living long ages. The medicine eliminates indispositions related to delivery as effectively as *vajra* of Indra eliminates the trees. The medicine has been prescribed by Mahādeva who wanted welfare of his devotee Rāvaṇa.

गोक्षुरादिमोदकः–

गोक्षुरेक्षुरबीजानि वाजिगन्धा शतावरी । मूषली वानरीबीजं यष्टी नागबला बला ।।२६७।।

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एषां चूर्णं दुग्धसिद्धं गव्येनाज्येन भर्जितम् । सितया मोदकं कृत्वा भक्ष्यं वाजीकरं परम् ।।२६८।।
चूर्णादष्टगुणं क्षीरं घृतं चूर्णसमं स्मृतम् । सर्वतो द्विगुणं खण्डं खादेदग्निबलं यथा ।।२६९।।
वाजीकराणि भूरीणि संगृह्य रचितो यतः । तस्माद् बहुषु योगेषु योगोऽयं प्रवरो मतः ।।२७०।।

267-270. Gokṣurādi Modaka:

Ingredients: Powder of *gokṣura*, *kṣurbīja*, *aśvagandhā*, *śatāvarī*, *muṣalī*, *vānarībīja*, *yaṣṭi*, *nāgabalā*, *balā*, milk, *ghṛitam*, jaggery and milk.

Process of Drug-Making: Take 50 gm. measure powder of *gokṣur*, *kṣurbīja*, *aśvagandhā*, *śatāvarī*, *muṣalī*, *vānarībīja*, *yaṣṭi*, *nāgabalā* and *balā*. Cook it along with milk measuring eight times of the above ingredients (i.e. 3600 ml.). When it gets thick add to it small quantity of *ghṛitam* (450 gm.). Roast the preparation properly and add to it jaggery measuring twice in weight (i.e. 9 kg.). Prepare syrup out of it and stir it properly.

In this prescription the milk should be used in measure eight times of the powder used. *Ghṛitam* should be used in measure equal to the powders of herbs while jaggery is to be taken in measure twice of the combination of all the rest ingredients. This medicine is prepared with a number of aphrodisiac herbs.

Therapeutic benefits: This medicine is called *Gokṣurādi Modaka*. It equips the user great aphrodisiac power. It is one of the best aphrodisiac *rasāyaṇa*.

वानरी वटिका–

बीजं कपिकच्छूनांकुडवमितानिस्वेदयेच्छनकैः । प्रस्थे गोभवदुग्धे तावद्यावद् भवेद् गाढम् ।।२७१।।
त्वग्रहितानि च कृत्वा सूक्ष्मं सम्पेषयेत्तानि । पिष्टिकया लघुवटिकाः कृत्वा गव्ये पचेदाज्ये ।।२७२।।
द्विगुणितशर्करयात्तावटिकाःसंपक्वयास्थाप्याः । पञ्चरक्तमितास्तास्तु प्रातः सायञ्चभक्षयेत् ।।२७३।।
अनेन शीघ्रद्रावी यो यश्च स्यात्पतितध्वजः । सोऽपि प्राप्नोति सुरते सामर्थ्यमति वाजिवत् ।।२७४।।
नानेन सदृशं किञ्चिद् द्रव्यं वाजीकरं परम् ।।२७५।।

271-275. Vānarī Vaṭikā:

Ingredients: *Kapikacchū* seeds, cow milk, cow *ghṛitam*, jaggery and honey.

Process of Drug-Making: Take 190 gm. measure of *kapikacchū* seeds and pack it in a piece of cloth. Foment the pack for three hours with 750 ml. measure of cow milk using a *Dolāyañtra*. After that obtain the seeds out of the pack and remove its bark. Compound them into a *kalka*. Prepare pills measuring 6-12 gm. each. Prepare a syrup taking cow *ghṛitam* (in 1 part) and jaggery (in two parts). While the syrup is still hot, dip the above pills into it and soak the same for one

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hour. After that remove out the pills and soak them inside honey stored in glass jar.

Method of use/Administration: This medicine should be taken in the morning as well as in evening in doses of one pill each.

Therapeutic benefits: The user becomes free from indispositions like early discharge. He becomes as powerful in sexual activities as a horse. This *Vanarai Vātika* is one of the best aphrodisiac preparations.

ये केचिद्विजयायोगा लोहवङ्गाभ्रसंयुताः । युक्ताश्च रसगन्धाभ्यां रसायनवरा मताः ।।२७६।।

276. The *vijayā* based prescriptions involving *lauha bhasma*, *vanga bhasma*, *abhraka bhasma*, purified *pārada* and purified *gandhaka* are called *Uttam Rasāyaṇa* (the best *rasāyaṇa*).

गोधूमाद्यं घृतम्–

गोधूमात्तु पलशतं निःक्वाथ्य सलिलाढके । पादशेषे च पूते च द्रव्याणीमानि दापयेत् ।।२७७।।
गोधूमं युञ्जातफलं माषं द्राक्षा परूषकम् । काकोली क्षीरकाकोली जीवन्ती च शतावरी ।।२७८।।
अश्वगन्धा सखर्जूरा मधुकं त्यूषणं सिता । भल्लातकमात्मगुप्ता समभागानि कारयेत् ।।२७९।।
घृतप्रस्थं पचेदेवं क्षीरं दत्त्वा चतुर्गुणम् । मृद्वग्निना च सिद्धे तु द्रव्याण्येतानि निक्षिपेत् ।।२८०।।
त्वगेला पिप्पली धान्यकर्पूरं नागकेशरम् । यथालाभंविनिक्षिप्य सिताक्षौद्रं पलाष्टकम् ।।२८१।।
दत्त्वेक्षुदण्डेनालोड्य विधिवद्विनियोजयेत् । शाल्योदनेन भुञ्जीत पिबेन्मांसरसेन वा ।।२८२।।
केवलस्य पिबेदम्य पलमात्रं प्रमाणतः । न तस्य लिङ्गशैथिल्यं न च शुक्रक्षयो भवेत् ।।२८३।।
बल्यं परं वातहरं शुक्रसञ्जननं परम् । मूत्रकृच्छ्रप्रशमनं वृद्धानाञ्चापि शस्यते ।।२८४।।
कोलैकं तु तदश्नीयाद्दशरात्रमतन्द्रितः । स्त्रीणां शतञ्च भजते पीत्वा चानुपिबेत्पयः ।।२८४।।
कोलैकं तु तदश्नीयाद्दशरात्रमतन्द्रितः । स्त्रीणां शतञ्च भजते पीत्वा चानुपिबेत्पयः ।।२८५।।
अश्विभ्यां निर्मितं चैव गोधूमाद्यं रसायनम् । जलद्रोणे तु गोधूमक्वाथं तच्छेषमाढकम् ।।२८६।।
युञ्जातकस्य स्थाने तु तद्गुणं तालमस्तकम् । कल्कद्रव्यसमं मानं त्वगादेः साहचर्यतः ।।२८७।।

277-287. Godhūmādyam Ghṛitam:

Ingredients: *Mūrcchita* cow *ghṛitam*, grains of wheat, water, cow milk, wheat, *yuanjatha* fruits, *urada*, *drākṣā*, *paruṣka*, *kākolī*, *kṣīrakākolī*, *jīvantī*, *śatāvarī*, *aśvagandhā*, *pinḍakharjūra*, *madhuyaṣṭhi*, *tṛikaṭu* herbs, jaggery, purified *bhallātaka* fruits, purified *ātmaguptā* seeds, cinnamon bark, smaller cardamom, pepper, coriander seeds, camphor, *nāgakeśara*, camphor and jaggery.

Process of Drug-Making: Take *mūrcchita* cow *ghṛitam* measuring 750 ml., grains of wheat measuring 4670 gm., water measuring 12.50 litre and decoct them together till their original quantity is reduced to one fourth. Also take 3 litre of

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cow milk. Prepare a *kalka* out of the following herbs taken in equal parts (i.e. 12 gm. each): wheat, *yuanjatha* fruits, *urada*, *drākṣā*, *paruṣka*, *kākolī*, *kṣīrakākolī*, *jīvantī*, *śatāvarī*, *aśvagandhā*, *pinḍakharjūra*, *madhuyaṣṭhi*, *tṛikaṭu* herbs, jaggery, purified *bhallātaka* fruits and purified *ātmaguptā* seeds. When the *ghṛitam* is cooked properly on a slow heat treat it with 12 mg. powders each of cinnamon bark, smaller cardamom, pepper, coriander seeds, camphor and *nāgakeśara*. Also treat the preparation with camphor measuring 12 gm. (compounded in water) and 375 gm. each of *bhallātaka* fruits and jaggery. Stir the preparation thoroughly and store it in a glass jar.

(The amount of water suggested above should be 12.50 litres or 25 litres. If the *yuanjatha* fruit is not available one can use *talamastak* instead. The herbs prescribed for the *kalka* i.e. *kalka* above should be taken as per method described in procedure to prepare medicated *ghṛitam*.)

Method of use/Administration: This medicinal *ghṛitam* should be taken in doses of 6 gm. However, one could take it in doses of 6 gm. to 24 gm. depending on the age and digestive power of the user. The medicinal *ghṛitam* should be taken along with cooked rice of *śāli* variety or milk or meat soup.

Therapeutic benefits: The preparation consolidates aphrodisiac capabilities of the user. This medicine is a great energizer, aphrodisiac *rasāyaṇa*, it is helpful for the elderly as well. It removes diseases like *mūtrakṛicchra* and *vāta roga*. Taking this medicine in doses of 12 gm. for ten consecutive days equips the user sexual power to take more than 100 women. This medicine has been prescribed by Aśvinīkumāra brothers.

अश्वगन्धाघृतम् (बृहत्)–

अश्वगन्धापलशतं शुभदेशसमुद्भवम् । पुण्येऽहनि समाहृत्य साधयेच्छ्लक्ष्णकुट्टितम् ।।२८८।।
द्रोणेऽम्भसि पचेत्तावद्यावत्पादावशेषितम् । सर्पिः प्रस्थं पचेत्तेन गव्यक्षीरं चतुर्गुणम् ।।२८९।।
कषायं छागमांसस्य दद्याच्छतद्वयस्य च । कल्कानि श्लक्ष्णपिष्टानि तदाऽमूनि प्रदापयेत् ।।२९०।।
काकोलीयुग्ममृद्धी द्वे मेदे द्वे चाथ जीवकम् । स्वयंगुप्तामृषभकमेलां मधुकमेव च ।।२९१।।
मृद्वीकां सूपपर्ण्यौ च जीवन्तींचपलां बलाम् । नारायणीं विदारी च दत्त्वा सम्यग्विपाचयेत् ।।२९२।।
सितामाक्षिकयोःशीतेगृह्णीयात्कुडवौपृथक । लीढ्वा पाणितलं भुञ्ज्यात् परिहारविवर्जितम् ।।२९३।।
क्षीणेन्द्रियाःक्षीणशुक्रावृद्धाबालास्तथाऽबलाः । हीनमांसाश्चयेकेचित् प्राश्येदं मात्रया घृतम् ।।२९४।।
ओजः स्वास्थ्यञ्च तेजश्च प्रसादमिन्द्रियस्य च । लभन्ते सूर्यसङ्काशा भ्राजन्ते विगतज्वराः ।।२९५।।
वृद्धो वृषायते स्त्रीषु नित्यं षोडशवर्षवत् । नारीणां च शतं गच्छेन्न च शुक्रक्षयो भवेत् ।।२९६।।
वन्ध्यां च लभते पुत्रं बुद्धिमेधासमन्वितम् । मासमात्रप्रयोगेण बलीपलितनाशनम् ।।२९७।।

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खालित्यं तिमिरं व्याधीन वातिकान् कफपित्तजान् ।
पञ्चकासान्क्षयं श्वासं हिक्काञ्चैव विषज्वरम् । हन्तिसर्वान्गदाञ्छीघ्रमश्विभ्यां निर्मितं पुरा ।।२९८।।

288-298. Aśvagandhā Ghṛitam (Major Recipe):

Ingredients: *Mūrcchita* cow *ghṛitam*, cow milk, *aśvagandhā*, water, *kākolī*, *kṣīrakākolī*, *ṛiddhi*, *vṛiddhi*, *medā*, *mahāmedha*, *jīvaka*, *ātmaguptā* (purified seeds), *ṛiṣabhaka*, smaller cardamom, *yasthi*, *drākṣā*, *mudgaparṇī*, *māṣaparṇī*, *jīvantī*, *pippalī*, *balā* (roots), *śatāvarī*, *vidārī kand*, jaggery and honey.

Process of Drug-Making: Gather 750 ml. of *mūrcchita* cow *ghṛitam*, 3 litre of cow milk and *aśvagandhā* measuring 467 gm. (see that the herb has been removed out on an auspicious day and it is coarsely powdered), water measuring 12.50 litre. Combine all the materials together and boil the same till its original quantity is reduced to one fourth. Add to the preparation mutton measuring 9340 gm. and water measuring 74 litre. Combine both these materials together and boil the same till its original quantity is reduced to one fourth. Raise *kalka* out of the following herbs in equal parts (i.e. 10 gm. each): *kākolī*, *kṣīrakākolī*, *ṛiddhi*, *vṛiddhi*, *medā*, *mahāmedha*, *jīvaka*, *ātmaguptā* (purified seeds), *ṛiṣabhaka*, smaller cardamom, *yasthi*, *drākṣā*, *mudgaparṇī*, *māṣaparṇī*, *jīvantī*, *pippalī*, *balā* (roots), *śatāvarī* and *vidārī kand*. Cook all the ingredients properly and thus obtain the medicated *ghṛitam*. Mix this *ghṛitam* with jaggery and honey both measuring 190 gm. each.

Method of use/Administration: This preparation is taken in measure of 12 gm. along with milk. When feeling hungry one should take meals as per one's desire.

Therapeutic benefits: This medicine is prescribed to those who have weak sensual power, who are elderly, who are young and the fragile ladies. The users get strength, health, sharpness and revitalization through this medicine. They become as bright as the sun. This medicine turns even an elderly into a youthful personality. He can successfully take more than 100 women. He can even make an sterile woman pregnant. Taking this medicine for one month eliminates indispositions called *vali* and *palita*. It removes *khālitya*, *timira*, rheumatic problems, severe diseases, five types of *kāsa* (coughs), consumption, bronchitis, hiccup, fever and dangers of poisoning. This medicine has been suggested by Aśvinī*kumāra* brothers.

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अमृतप्राशघृतम्–

छागमांसतुलाञ्चैव वाजिगन्धां तथैव च । जलद्रोणे विपक्तव्यं कुर्यात्पादावशेषितम् ।।२९९।।
घृतप्रस्थं पचेत्तेन अजाक्षीरं चतुर्गुणम् । मूर्च्छनार्थे प्रदातव्यं कुङ्कुमञ्च द्विकार्षिकम् ।।३००।।
बलामूलञ्च गोधूमञ्चाश्वगन्धा तथाऽमृता । गोक्षुरञ्च कशेरुश्च त्रिकट्वपि सधान्यकम् ।।३०१।।
तालाङ्कुर त्रैफलं च कस्तूरी बीजवानरी । मेदे द्वे च तथा कुष्ठं जीवकर्षभकौ शटी ।।३०२।।
दार्वी प्रियङ्ग मञ्जिष्ठा नतं तालीशपत्रकम् । एलापत्रत्वचं नागं जातीकुसुमरेणुकम् ।।३०३।।
सरलं जातिकोषञ्च सूक्ष्मैलोत्पलसारिवा । मूलं बिम्बम्य जीवन्ती ऋदिर्वृद्धिरुदुम्बरः ।।३०४।।
प्रत्येकं कर्षमात्राणि पेषयित्वा विनिक्षिपेत् । वस्त्रपूते सुशीते च सितां दद्याच्छरावकम् ।।३०५।।
कर्षमात्रं ततः खादेदुष्णादुग्धानुपानतः । बृंहणीयं विशेषेण बलपुष्टिकरं सदा ।।३०६।।
प्रमेहान् ध्वजभङ्गांश्च नाशयेदविकल्पतः । एतद् वृष्यकरं सर्पिः काशिराजेन निर्मितम् ।।३०७।।
दृष्टं सिद्धफलं ह्येतद् वाजीकरणमुत्तमम् । अमृतप्राशनमिदं सर्वामयनिषूदनम् ।।३०८।।
शिरोरोगे नष्टशक्रे स्त्रीषु नष्टार्त्तवासु च । न च शुक्रं क्षयं याति बलं ह्रासं न च व्रजेत् ।।३०९।।
दश स्त्रीणां रेमन्नित्यमानन्दमुपजायते । कासार्शआमशूलघ्नं बद्धकोष्ठहरं परम् ।।३१०।।
सिद्धाज्यम्य प्रयोगेण स्थिरं भवति यौवनम् ।।३११।।

299-311. Amṛitapraś Ghṛitam:

Ingredients: Mutton, water, decoction of *aśvagandhā*, *mūrcchita* cow *ghṛitam*, goat milk, *keśara*, roots of *balā*, wheat grains, *aśvagandhā*, *guḍūcī*, *gokṣura*, *kaṣeru*, *ṭrikaṭu* herbs, coriander seeds, *ṭriphalā* herbs, *kastūrī*, *tālānkuraa*, *ātmaguptā* (purified seeds), *medā*, *mahāmedā*, *kuṣṭha*, *jīvaka*, *ṛiṣabhaka*, *karcūra*, *dāru haridrā*, *priyangu*, *manjiṣṭhā*, *tagar*, *tāliśapatra*, cardamom, cassia leaves, cinnamon barks, *nāgakeśara*, jasmine flowers, *hareṇukā*, *saral* (heartwood), *jātīkoṣa*, smaller cardamom, *nīlakamal*, *kṛiṣṇa śārivā*, *bimba* (roots), *jīvantī*, *ṛiddhi*, *vṛiddhi*, *udumbara* (bark) and jaggery.

Process of Drug-Making: Take mutton measuring 4670 gm. and water measuring 12.50 litre. Decoct them together till the amount is reduced to one fourth. Likewise, obtain decoction of *aśvagandhā*. Take *mūrcchita* cow *ghṛitam* measuring 750 gm. and goat milk measuring 3 litre. Also take *keśara* measuring 12 gm. Prepare a *kalka* taking 12 gm. measure each of the following: roots of *balā*, wheat grains, *aśvagandhā*, *guḍūcī*, *gokṣura*, *kaṣeru*, *ṭrikaṭu* herbs, coriander seeds, *ṭriphalā* herbs, *kastūrī*, *tālānkuraa*, *ātmaguptā* (purified seeds), *medā*, *mahāmedā*, *kuṣṭha*, *jīvaka*, *ṛiṣabhaka*, *karcūra*, *dāru haridrā*, *priyangu*, *manjiṣṭhā*, *tagar*, *tāliśapatra*, cardamom, cassia leaves, cinnamon barks, *nāgakeśara*, jasmine flowers, *hareṇukā*, *saral* (heartwood), *jātīkoṣa*, smaller cardamom, *nīlakamal*, *kṛiṣṇa śārivā*, *bimba* (roots), *jīvantī*, *ṛiddhi*, *vṛiddhi* and *udumbara* (bark).

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Combine all of these ingredients together and obtain the medicated *ghṛitam*. Add to it 375 gm. measure of jaggery. This medicine is called *Amṛitpraśa Ghṛitam*.

Method of use/Administration: It should be taken in doses of 12 gm. in the morning along with warm milk.

Therapeutic benefits: This is a great nutrient and aphrodisiac drug. It checks all types of *prameha* and *dhvajabhanga*. This medicine has been prescribed by Kashiraj. It immediately yields results and is a great aphrodisiac *rasāyaṇa*. It is useful in treatment of head diseases, loss of sperm and in cases of premature menopause. It is helpful to man and woman. A person using this drug can take 10 women everyday. It removes *kāsa* (coughs), piles, colic pains and constipation as well. This medicine provides one's youthfulness a great longevity.

छागलाद्यं घृतम् (बृहत्)–

छागमांसतुलां गृह्य दशमूल्याः पलं शतम् । अश्वगन्धापलशतं वाट्यालकशतं तथा ।।३१२।।
घृताढकं पचेत्तोयैश्चतुर्भागावशेषितैः । क्षीरं स्नेहसमं दद्याच्छतावर्या रसं तथा ।।३१३।।
ताम्रपात्रे दृढे चैव शनैर्मृद्वग्निना पचेत् । अस्यौषधस्य कल्कस्य प्रत्येकं शुक्तिसंमितम् ।।३१४।।
जीवन्ती मधुकं द्राक्षा काकोल्यौ नीलमुत्पलम् । मुस्तं सचन्दनं रास्ना पर्णिनीद्वयशारिवे ।।३१५।।
मेदे द्वे च तथा कुष्ठं जीवकर्षभकौ शटी । दार्वी प्रियङ्गु त्रिफला नतं तालीशपद्मकौ ।।३१६।।
एला पत्रं वरी नागं जातीकुसुमधान्यकम् । मञ्जिष्ठा दाडिमं दारु रेणुकं सैलबालुकम् ।।३१७।।
विडङ्गं जीरकं चैव पेषयित्वा विनिक्षिपेत् । वस्त्रपूते च शीते च शर्कराप्रस्थसंयुतम् ।।३१८।।
निधापयेत्स्निग्धभाण्डे मृन्मये भाजने शुभे । अस्यौषधस्य सिद्धस्य शृणुवीर्यमतः परम् ।।३१९।।
देवदेवं नमस्कृत्य संपूज्य गणनायकम् । पिबेत् पाणितलं तस्य व्याधिं वीक्ष्यानुपानतः ।।३२०।।
सर्ववातविकारेषु अपस्मारे विशेषतः । उन्मादे पक्षघाते च आध्माने कोष्ठनिग्रहे ।।३२१।।
कर्णरोगे शिरोरोगे बाधिर्ये चापतन्त्रके । भूतोन्मादे च गृध्रस्यां सोदरे चाक्षिपातजे ।।३२२।।
पार्श्वशूले च हृच्छूले बाह्यायामेऽदिंते तथा । वातकण्टकहृद्रोगमूत्रकृच्छ्रे सपङ्गुके ।।३२३।।
क्रोष्टुशीर्षे तथा खञ्जे कुब्जे चाध्मानमिन्मिने । अपतानेऽन्तरायामे रक्तपित्ते तथोर्ध्वगे ।।३२४।।
आनाहेऽर्शोविकारेषु चातुर्थकज्वरेऽपि च । हनुग्रहे तथा शोषे क्षीणे चैवावबाहुके ।।३२५।।
दण्डापतानके भग्ने दाहे चाक्षेपके तथा । जीर्णज्वरे विषे कुष्ठे शेफःस्तम्भे मदात्यये ।।३२६।।
आढ्यवातेऽग्निमान्द्ये च वातरक्तगदेषु च । एकाङ्गरोगिणे चैव तथा सर्वाङ्गरोगिणे ।।३२७।।
हस्तकम्पे शिरःकम्पे जिह्वास्तम्भे ज्वरे भ्रमे । क्षीणेन्द्रिये नष्टशुक्रे शुक्रनिःसरणे तथा ।।३२८।।
स्त्रीणां वातास्रपाते च पटले चाक्षिस्पन्दने । एकाङ्गस्पन्दने चैव सर्वाङ्गस्पन्दने तथा ।।३२९।।
नगादिपतिते वाते स्त्रीणामप्राप्तिहेतुके । आभिचारिकदोषे च मनःसन्तापसम्भवे ।।३३०।।
ये वातप्रभवा रोगा ये च पित्तसमुद्भवाः । शिरोमध्यगता ये च जङ्घापार्श्वादिसंस्थिताः ।।३३१।।
मातृग्रहाभिभूतश्च शिशुर्यश्च विशुष्यति । प्रक्षीणबलमांसश्च न वर्त्मगमनक्षमः ।।३३२।।
घृतेनानेन सिद्ध्यन्ति वज्रमुक्तिरिवासुरान् । निहन्ति सकलान् रोगान् घृतं परमदुर्लभम् ।।३३३।।
रसायनं वह्निबलप्रदं च वपुःप्रकर्षं विदधाति रूपम् ।

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दत्त्वा बलंचेन्द्रसमानतेजो दीर्घायुषं पुत्रशतं करोति ।।३३४।।
स्त्रीणां शतंगच्छतिचातिरेकंनयातितृप्तिं सरसः समाङ्गः ।
अपुत्रिणीपुत्रशतं करोति शतायुषं कामसमं बलिष्ठम् ।।३३५।।
महद् घृतं नामतु छागलाद्यं विनिर्मितं वातनिषूदनं च ।
शिवंशुभं रोगभयापहं च चकार हारीतमुनिर्विशिष्टः ।।३३६।।

312-336. Cagalādya Ghṛitam (Major Recipe):

Ingredients: *Mūrcchita* cow *ghṛitam*, mutton, water, decoctions of *daśamūla* herbs, *aśvagandhā*, *balā*, cow milk, *śatāvarī* juice, *jīvantī*, *yaṣṭi*, *drākṣā*, *kākolī*, *kṣīrakākolī*, *nīlakamal*, *mustā*, *rakta candana*, *rāsnā*, *mudgaparṇī*, *māṣaparṇī*, *śveta śārivā*, *kṛiṣṇa śārivā*, *medā*, *mahāmedā*, *kuṣṭha*, *jīvaka*, *ṛiṣabhaka*, *karcūra*, *dāru haridrā*, *priyangu*, *tṛiphalā* herbs, *tagar*, *tāliśapatra*, *padmka*, smaller cardamom, cassia leaves, *śatāvarī*, *nāgakeśara*, jasmine flowers, coriander seeds, *manjiṣṭhā*, pomegranate seeds, *devadāru*, *hareṇukā*, *elvāluka*, *vāya viḍanga*, cumin seeds and jaggery.

Process of Drug-Making: Take 3 litre of *mūrcchita* cow *ghṛitam*, 4670 gm. of mutton and 12.50 litre of water. Decoct them together till the preparation is reduced to one fourth. Likewise, obtain decoctions of the *daśamūla* herbs, *aśvagandhā* and *balā* (each measuring 4670 gm.). Also take cow milk and *śatāvarī* juice measuring 3 litre each. Cook all of them together in a copper pot using slow heat. Prepare a *kalka* of the following herbs taken in measure of 23 gm. each: *jīvantī*, *yaṣṭi*, *drākṣā*, *kākolī*, *kṣīrakākolī*, *nīlakamal*, *mustā*, *rakta candana*, *rāsnā*, *mudgaparṇī*, *māṣaparṇī*, *śveta śārivā*, *kṛiṣṇa śārivā*, *medā*, *mahāmedā*, *kuṣṭha*, *jīvaka*, *ṛiṣabhaka*, *karcūra*, *dāru haridrā*, *priyangu*, *tṛiphalā* herbs, *tagar*, *tāliśapatra*, *padmka*, smaller cardamom, cassia leaves, *śatāvarī*, *nāgakeśara*, jasmine flowers, coriander seeds, *manjiṣṭhā*, pomegranate seeds, *devadāru*, *hareṇukā*, *elvāluka*, *vāya viḍanga* and cumin seeds. Add this *kalka* to the above preparation during the cooking. When the preparation cools down, add one 750 gm. measure of jaggery into it in proper manner.

Method of use/Administration: One should worship God Shankar and Ganesha and take this medicine in doses of 12 gm. along with *anupāna* that is fit for the disease in question.

Therapeutic benefits: Thus, this medicine eliminates the following diseases: epilepsy, insanity, stroke, constipation, belching, ear diseases, head diseases, deafness, *apatañtraka*, insanity caused due to celestial agencies, sciatica, problems related to gastro intestinal tract, *akṣipāta*, *pārśavaśūla*, pain in heart, *bahyayam*,

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paralysis, *vatakañṭaka*, *mūtrakṛicchra*, lameness, *kroṣṭuśīrṣa*, *khanjjaṭā*, hunchback ness, *miniminroga*, *apatan*, *atrayam*, *rakta pitta*, piles, *caturthaka jvara*, lock jaw, consumption, weakness, *avabahuka*, *danḍapātanaka*, *bhaghna*, burning sensation, convulsions, chronic fever, poisoning, *kuṣṭha*, *lingastambha*, *madātyaya*, *adhyavata*, diminished appetite, gout, *ekāngaroga*, *sarvāngaroga*, *hastakampa*, *śirahkampa*, *jihvāstambha*, fever, giddiness, weak sensual limbs, loss of sperm, irregular discharge of semen, *pāṭalaroga*, *akṣispandan*, *ekangaspandan*, *sarvāngaspandan*, diseases related to head and thigh as well as ribs. The medicine also helps in checking mental depression, indispositions caused by sorcery agents and the like. Those who are as weak as being unable to walk can also benefit from this prescription. The medicine equips the user with great aphrodisiac capabilities. Even a sterile woman can bear 100 sons if she uses this medicine regularly. The medicine is a great energizer. It revitalizes the users. It promotes longevity. The medicine has been prescribed by the sage Harit.

पल्लवसारतैलम्–

त्रिफलाया रसप्रस्थं भृङ्गराजरसं तथा । प्रस्थैकं तिलतैलस्य पचेन्मृद्वग्निना भिषक् ।।३३७।।
शतावरीरसं क्षीरं कूष्माण्डस्य रसं पृथक् । लाक्षारनालसिद्धाम्बु प्रस्थं प्रस्थं विपाचयेत् ।।३३८।।
कल्कंकणाशिवाद्राक्षा त्रिफला नीलमुत्पलम् । मधुकं क्षीरकाकोली प्रत्येकञ्च पलं पलम् ।।३३९।।
कर्पूरञ्च नखं गन्धमण्डजं विरजासमम् । जातीकोषं लवङ्गञ्च प्रतिकर्षद्वय पचेत् ।।३४०।।
महावातहरं तैलं महापित्तविनाशनम् । नेत्ररोगेषु सर्वेषु अपस्मारेऽनिलामये ।।३४१।।
विद्रधिव्रणशोथघ्नं मेहदोषहरं परम् । शूलरोगप्रशमनमानाहकृच्छ्रनाशनम् ।।३४२।।
गुल्मघ्नं हृदि शूलघ्नं मूत्राघातविनाशनम् । प्रशस्तं ग्रहणीरोगे प्रमेहज्वरनाशनम् ।।
नाम्ना पल्लवसाराख्यं तैलं विद्याद्भिषग्वरः ।।३४३।।

337-343. Pallavāsara Tailam:

Ingredients: *Tṛiphalā* herbs, water, *bhṛingarāja* (juice), *śatāvarī* (juice), cow milk, *kuśamanda* (juice), *mūrcchita* sesame oil, decoction of *lākṣā*, *kānji*, *pippalī*, *haraḍa*, *drākṣā*, *tṛiphalā* herbs, *neelkamala*, *yaṣṭi*, *kṣīrakākolī*, camphor, *nakh*, *kastūrī*, *gandhamandaja*, *jātīkoṣa* and clove.

Process of Drug-Making: Obtain 750 ml. decoction of *tṛiphalā* herbs. Also obtain, 750 ml. each of *bhṛingarāja* (juice), *śatāvarī* (juice), cow milk, *kuśamanda* (juice), *mūrcchita* sesame oil, decoction of *lākṣā* and *kānji*. Prepare a *kalka* of 46 gm. measure each of *pippalī*, *haraḍa*, *drākṣā*, *tṛiphalā* herbs, *neelkamala*, *yaṣṭi* and *kṣīrakākolī*. Also take 23 gm. measure each of camphor, *nakh*, *kastūrī*,

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gandhamandaja, *jātīkoṣa* and clove. Taking all the above, cook them together and thus obtain the medicated oil.

Method of use/Administration: Use this oil for massage.

Therapeutic benefits: Massaging through this oil eliminates rheumatic problem as well as *pitta* problem. This medicinal oil removes eye diseases, epilepsy, *vāta roga*, *vidradhi*, *vraṇa śotha*, *prameha*, colic pain, constipation, *mūtrakṛicchra*, *gulma*, heart aches, *mūtraghāta*, *sangrahaṇī*, fever and the like. Massaging this oil on the male genital organ eliminates disorder of the same.

चन्दनादितैलम् (महत्)–

द्रव्याणि चन्दनादीनि चन्दनं रक्तचन्दनम् । पत्तङ्गमथ कालीयागुरु कृष्णागुरूणि च ।।३४४।।
देवद्रुमः ससरलः पद्मकं तूणिकोऽपि च । कर्पूरो मृगनामिश्च लताकस्तूरिकाऽपि च ।।३४५।।
सिह्लकः कुङ्कुमं नव्यं जातीफलकमत्र च । जातीपत्रं लवङ्गञ्च सूक्ष्मैला महती च सा ।।३४६।।
कक्कोलफलकंत्वक्चपत्रकंनागकेशरम् । बालकञ्चतथोशीरंमांसी दारुसिताऽपि वा ।।३४७।।
मुरा कर्पूरकश्चापि शैलेयं भद्रमुस्तकम् । रेणुका च प्रियङ्गुश्च श्रीवासो गुग्गुलुस्तथा ।।३४८।।
लाक्षानखञ्च रालश्च धातकीकुसुमं तथा । ग्रन्थिपर्णञ्च मञ्जिष्ठा तगरं सिक्थकं तथा ।।३४९।।
एतानिशाणमानानिकल्कीकृत्यशनैःपचेत् । तैलं प्रस्थमितं सम्यगेतत्पात्रे शुभे क्षिपेत् ।।३५०।।
अनेनाभ्यक्तगात्रस्तुवृद्धोऽशीतिसमोऽपियः । शुभ्रोभवतिशुक्राढ्यःस्त्रीणामत्यन्तदुर्लभः।।३५१।।
बन्ध्याऽपिलभतेगर्भं षण्ढोऽपि पुरुषायते । अपुत्रः पुत्रमाप्नोति जीवेच्च शरदां शतम् ।।३५२।।
चन्दनादि महोतैलं रक्तपित्तं क्षयं ज्वरम् । दाहप्रस्वेददौर्गन्ध्यकुष्ठं कण्डूं विनाशयेत् ।।३५३।।

344-353. Candanādi Tailam:

Ingredients: *Mūrcchita* sesame oil, *śveta candana*, *rakta candana*, *patañga*, *kālīyaka kāṣṭha*, *aguru*, *kṛiṣṇa aguru*, *devadāru*, *saral kāṣṭha*, *padmka*, *tunika* (wood of *tun* tree), camphor, *kastūrī*, *latakastūrī*, *śilārasa*, *keśara*, *jātīphala*, leaves of jasmine plant, clove, smaller cardamom, bigger cardamom, *kakkola*, cinnamon bark, cassia leaves, *nāgakeśār*, *sugandhabālā*, *uśīra*, *jaṭāmānsī*, cinnamon bark, *murāmānsī*, camphor, *śaileya*, *bhadramustā*, *reṇukā*, *priyangu*, *śrīvas*, *guggulu*, *lākṣā*, *nakha*, *rāl*, *dhātakī* flowers, *granthiparṇa*, *manjiṣṭhā*, *tagar*, *sikhtaka* (wax) and water.

Process of Drug-Making: Take *mūrcchita* sesame oil measuring 750 ml., and prepare a *kalka* of the following taken in measure of 3 gm. each: *śveta candana*, *rakta candana*, *patañga*, *kālīyaka kāṣṭha*, *aguru*, *kṛiṣṇa aguru*, *devadāru*, *saral kāṣṭha*, *padmka*, *tunika* (wood of *tun* tree), camphor, *kastūrī*, *latakastūrī*, *śilārasa*, *keśara*, *jātīphala*, leaves of jasmine plant, clove, smaller cardamom, bigger cardamom, *kakkola*, cinnamon bark, cassia leaves, *nāgakeśār*, *sugandhabālā*,

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uśīra, *jaṭāmānsī*, cinnamon bark, *murāmānsī*, camphor, *śaileya*, *bhadramustā*, *reṇukā*, *priyangu*, *śrīvas*, *guggulu*, *lākṣā*, *nakha*, *rāl*, *dhātakī* flowers, *granthiparṇa*, *manjiṣṭhā*, *tagar* and *sikhtaka* (wax). Taking all the above ingredients cook them together along with water measuring 3 litre.

Therapeutic benefits: Using this medicated oil even an elderly of 80 years revitalizes his aphrodisiac strength. If taken by a lady, the oil can help her get conceived. Even an impotent person can bear sons by using this drug. This medicine also eliminates *rakta pitta*, consumption, fever, high temperature, profuse sweating, *kuṣṭha*, *kanḍu* and bad smells of the body.

भल्लातकाद्यं तैलम्–

भल्लातकबृहतीफलदाडिमफलवल्कलसाधितं कुरुते ।
लिङ्गं मर्दनविधिना कटुतैलं वाजिलिङ्गाभम् ।।३५४।।

354.Bhallātakādya Tailam:

Ingredients: *Bhallātaka*, fruit of *bṛihatī*, bark of pomegranate fruit, *mūrcchita* mustard oil and water.

Process of Drug-Making: Prepare *kalka* of the following: *bhallātaka*, fruit of *bṛihatī* and bark of pomegranate fruit (50 gm. each). Combine this *kalka* with *mūrcchita* mustard oil measuring 600 ml. Methodologically cook the preparation by adding water measuring four times greater than mustard oil (i. e. 2400 ml.). Boil the preparation until it is reduced to one fourth.

Method of use/Administration: This medicinal oil is to be used for massaging.

Therapeutic benefits: With its application the penis would develop as thick as the genital limb of a horse.

अश्वगन्धातैलम्–

अश्वगन्धा वरी कुष्ठं मांसी सिंहीफलान्वितम् । चतुर्गुणेन दुग्धेन तिलतैलं विपाचयेत् ।।३५५।।
स्तनलिङ्गकर्णपालीवर्द्धनं म्रक्षणादिदम् ।।३५६।।

355-356. Aśvagandhā Tailam:

Ingredients: *Aśvagandhā*, *śatāvarī*, *kuṭaja*, *jaṭāmānsī*, fruits of lesser and bigger varieties of *simhī* (*vyāghrī*), *mūrcchita* sesame oil and milk.

Process of Drug-Making: Prepare *kalka* of the following: *aśvagandhā*, *śatāvarī*, *kuṭaja*, *jaṭāmānsī* and fruits of lesser and bigger varieties of *simhī*

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(*vyāghrī*) (38 gm. each). Combine this *kalka* with *mūrcchita* sesame oil measuring 750 ml. and milk measuring 3 litre. Methodologically cook the preparation and obtain medicinal oil.

Method of use/Administration: Use the oil for massage.

Therapeutic benefits: Doing massage with this oil helps in the development of breast, penis and *karṇapali*.

दशमूलारिष्टः–

पर्ण्यौ बृहत्यौ गोकण्टो बिल्वोऽग्निमथनोऽरलुः । पाटला काश्मरी चेति दशमूलमिहोच्यते ।।३५७।।
दशमूलानि कुर्वीत भागैः पञ्चपलैः पृथक् । पञ्चविंशत्पलं कुर्याच्चित्रकं पौष्करं तथा ।।३५८।।
कुर्याद्विंशत्पलं लोध्रं गुडूची तत्समा भवेत् । पलैः षोडशभिर्धात्रीरविसंख्यैर्दुरालभा ।।३५९।।
खदिरो गीजसारश्च पथ्या चेति पृथक्पलैः । अष्टाभिर्गुणितैः कुष्ठं मञ्जिष्ठा देवदारु च ।।३६०।।
विडङ्गं मधुकं भार्गी कपित्थोऽक्षः पुनर्नवा । चव्यं मांसी प्रियङ्गुश्च सारिवा कृष्णजीरकम् ।।३६१।।
त्रिवृता रेणुकं रास्ना पिप्पली क्रमुकः शटी । हरिद्रा शतपुष्पा च पद्मकं नागकेशरम् ।।३६२।।
मुस्तमिन्द्रयवः शृङ्गी जीवकर्षभकौ तथा । मेदा चान्या महामेदा काकोल्यौ ऋद्धिवृद्धिके ।।३६३।।
कुर्यात्पृथग् द्विपलिकान् पचेदष्टगुणे जले । चतुर्थांशशृतं नीत्वा मृद्भाण्डे सन्निधापयेत् ।।३६४।।
ततः षष्टिपलां द्राक्षां पचेन्नीरे चतुर्गुणे । त्रिपादशेषं शीतञ्च पूर्वक्वाथं शृतं क्षिपेत् ।।३६५।।
द्वात्रिंशत्पलिकं क्षौद्रं दद्याद् गुडयतुःशतम् । त्रिंशत्पलानि धातक्याः कक्कोलजलचन्दनम् ।।३६६।।
जातीफलं लवङ्गञ्च त्वगेलापत्रकेशरम् । पिप्पली चेति सञ्चूर्ण्य भागैर्द्विपलिकैः पृथक् ।।३६७।।
शाणमात्राञ्च कस्तूरीं सर्वमेकत्र निक्षिपेत् । भूमौ निखनयेद् भाण्डं ततो जातरसं पिबेत् ।।३६८।।
कतकस्य पलं क्षिप्त्वा रसं निर्मलतां नयेत् । ग्रहणीमरुचिं शूलं श्वासकासभगन्दरान् ।।३६९।।
वातव्याधिं क्षयं छर्दिं पाण्डुरोगञ्च कामलाम् । कुष्ठान्यर्शांसि मेहांश्च मन्दाग्निमुदराणि च ।।३७०।।
शर्करामश्मरीं मूत्रकृच्छ्रं धातुक्षयं जयेत् । कृशानां पुष्टिजननो बन्ध्यानां पुत्रदः परः ।।
अरिष्टो दशमूलाख्यस्तेजः शुक्रबलप्रदः ।।३७१।।

357-371.Daśamūlariṣṭa:

Ingredients: *Śalparṇī*, *priśniparṇī*, lesser *bṛihatī* and larger *bṛihatī*, *gokṣura*, *bilva*, *agnimatha*, *arālu*, *pāṭal*, *gambhārī*, *citraka* root, *puṣkaramūla*, *lodhra*, *guḍūcī*, *āmalakī*, *yavāsā*, *kapittha* (bark), *bījasāra* (or *vāya viḍanga*), bigger rhizomes of *haraḍa* (their stones removed), *kuṣṭha*, *manjiṣṭhā*, *devadāru*, *vāya viḍanga*, *yaṣṭi*, *bhārgī*, *kapittha* (root barks or fruit pulp), *vibhītaka*, *punarnavā* (roots), *cavya*, *mānsī*, *priyangu* flowers, *śārivā*, black cumin seeds, *niśotha*, *hareṇukā*, *rāsnā*, *pippalī*, *kramuka*, *śathi*, *haridrā*, aniseeds, *padmaka*, *nāgakeśara*, *bhadramustaka*, *indrayava*, *śṛingī*, *jīvaka*, *ṛiṣabhaka*, *medā*, *mahāmedā*, *kākolī*, *kṣīrakākolī*, *vṛiddhi*, *ṛiddhi*, water, *drākṣā*, water, honey, jaggery, *dhātakī* flowers, *kākolī*, *netrabālā*, *śveta candana*, *jātīphala*, clove,

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cinnamon bark, smaller cardamom, cassia leaves, *nāgakeśara*, black pepper, *kastūrī*, *ghṛitam* and *nirmali* fruits.

Process of Drug-Making: The *daśamūla* herbs pertains to decoction of the following ten herbs: *śalparṇī*, *pṛiśniparṇī*, lesser *bṛihatī* and larger *bṛihatī*, *gokṣura*, *bilva*, *agnimatha*, *arālu*, *pāṭal* and *gambhārī*. Take 240 gm. measure each of these herbs. Also take 1170 gm. measure each of *citraka* root and *puṣkaramūla*, 940 gm. measure each of *lodhra* and *guḍūcī*, 750 gm. measure of *āmalakī*, 565 gm. measure of *yavāsā*, also take 375 gm. measure each of *kapittha* (bark), *bījasāra* (or *vāya viḍanga*) and bigger rhizomes of *haraḍa* (their stones removed). Further collect 93 gm. measure each of *kuṣṭha*, *manjiṣṭhā*, *devadāru*, *vāya viḍanga*, *yaṣṭi*, *bhārgī*, *kapittha* (root barks or fruit pulp), *vibhītaka*, *punarnavā* (roots), *cavya*, *mānsī*, *priyangu* flowers, *śārivā*, black cumin seeds, *niśotha*, *hareṇukā*, *rāsnā*, *pippalī*, *kramuka*, *śathi*, *haridrā*, aniseeds, *padmaka*, *nāgakeśara*, *bhadramustaka*, *indrayava*, *śṛingī*, *jīvaka*, *ṛiṣabhaka*, *medā*, *mahāmedā*, *kākolī*, *kṣīrakākolī*, *vṛiddhi* and *ṛiddhi*. Coarsely powder all of them. Obtain water measuring eight times of the above ingredients and decoct them together. Continue decocting them till the preparation is reduced to a one fourth.

Take *drākṣā* measuring 2.813 kg. and decoct in water measuring 11.270 litre. When the decoction is reduced to 3.760 litre, add this to the above preparation. Also mix, 1536 gm. of honey and 19200 gm. of jaggery into the preparation. Further, add to it 1.407 kg. measure of powders of *dhātakī* flowers and 93 gm. measure powders each of *kākolī*, *netrabālā*, *śveta candana*, *jātīphala*, clove, cinnamon bark, smaller cardamom, cassia leaves, *nāgakeśara* and black pepper along with 3 gm. measure of *kastūrī*. Stir the preparation properly and store it in an earthen pitcher that has been coated with *ghṛitam* from inside and that has been fumigated. Keep the pot underground for one month or more or less (depending on the season in question). Following that, one should obtain the medicine and preserve it. Take out the medicine and add to it 46 gm. measure of *nirmali* fruits. Keep the medicine for overnight period and finally strain it into clean bottles. This medicine is named *Daśamūlariṣṭa*.

Therapeutic benefits: It checks anorexia, colic pain, *kāsa* (coughs), *vāta roga*, consumption, vomiting, anemia, jaundice, six types of piles, diminished appetite, all kinds of problems related to gastro intestinal tract, *prameha* (i.e. urinary disorders including diabetes), *aśmarī*, *sangrahaṇī*, *mūtrakṛicchra* and *dhātukṣaya*. This medicine serves as a great nutrient to male users. It can help

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even the sterile ladies to conceive. The medicine is a great *rasāyaṇa* as well. It checks anorexia, colic pain, *kāsa* (coughs), *vāta roga*, consumption, vomiting, anemia, jaundice, six types of piles, diminished appetite, all kinds of problems related to gastro intestinal tract, *prameha* (i.e. urinary disorders including diabetes), *aśmarī*, *sangrahaṇī*, *mūtrakṛicchra* and *dhātukṣaya*. This medicine serves as a great nutrient to male users. It can help even the sterile ladies to conceive. The medicine is a great *rasāyaṇa* as well.

मृतसञ्जीवनीसुरा–

नवं गुडं च संगृह्य शतमेकपलं तथा । बावरीत्वचमादाय बदरीत्वचमेव च ।।३७२।।
प्रस्थं प्रस्थं प्रदातव्यं पूगं देयं यथोचितम् । लोध्रं च कुडंव दत्त्वा आर्द्रकं च पलद्वयम् ।।३७३।।
तोयमष्टगुणं दत्त्वा गुडं संगोलयेत्सुधीः । प्रथमे चार्द्रकं दद्याद् द्वितीये बावरीत्वचम् ।।३७४।।
तृतीये बदरीं दत्त्वा गोलयित्वा भिषग्वरः । मुखे शरावकं दत्त्वा यत्नात्कृत्वा च बन्धनम् ।।३७५।।
मुखसंबन्धनं कृत्वा स्थापयेद्दिनविंशतिम् । मृन्मये मोचिकायन्त्रे मयूराख्येऽपि यन्त्रके ।।३७६।।
यथाविधिप्रकारेण मन्दमन्देन वह्निना । चुल्लीमध्ये विधातव्यं मृत्तिकादृढभाजने ।।३७७।।
तदौषधं च तन्मध्ये समुद्धृत्य विनिक्षिपेत् । नलस्य युगलं दत्त्वा कुम्भौ च गजकुम्भवत् ।।३७८।।
कुम्भमध्ये निधातव्यं पूगं च सैलबालुकम् । देवदारु लवङ्गं च पद्मकोशीरचन्दनम् ।।३७९।।
शतपुष्पा यमानी च मरिचं जीरकद्वयम् । शटी मांसी त्वगेला च जातीफलं समुस्तकम् ।।३८०।।
ग्रन्थिपर्णी तथा शुण्ठीमिशीमेथीचचन्दनम् । एषांचार्द्धपलान्भागान् कुट्टयित्वाविनिःक्षिपेत् ।।३८१।।
यथाविधिप्रकारेण चानलं दापयेत् सुधीः । बुद्धिमान् स्रावणं कृत्वा उद्धरेद्विधिवत्सुराम् ।।३८२।।
एतन्मद्यं पिबेन्नित्यं यथाधातुवयःक्रमम् । आरोग्यजननं देहदार्ढ्यकृद्बलवर्द्धनम् ।।३८३।।
मेधाऽग्निस्मृतिकृद्वीर्यशुक्रकृद्वातनाशनम् । बलपुष्टिकरं चैव कामसंदीपनं परम् ।।३८४।।
दश स्त्रियो रमेन्नित्यमानन्द उपजायते । रणे तेजोमयः सद्यो यथा भीमपराक्रमः ।।३८५।।
नातः परतरः किञ्चिद् रणोत्साहप्रदं महत् । देवासुरैर्युद्धकाले शुक्रेण परिनिर्मितम् ।।३८६।।

372-386. Mṛitasanjīvanī Surā:

Ingredients: Fresh jaggery, barks of *babbūl* tree, barks of *badarī* tree, betel nuts, *lodhra*, ginger, powdered betel nuts, *elvāluka*, *devadāru*, clove, *padmaka*, *uśīra*, red sandalwood, aniseeds, *yamānī*, black pepper, white and black cumin seeds, *karcūra*, *mānsī*, cinnamon bark, smaller cardamom, *jātīphala*, *mustā*, *granthiparṇī*, dried ginger, aniseeds, fenugreek seeds and *śveta candana*.

Process of Drug-Making: Collect fresh jaggery measuring 4.670 kg., 750 gm. each of barks of *babbūl* tree, barks of *badarī* tree and betel nuts. Also take 190 gm. measure of *lodhra* and ginger measuring 93 gm. Obtain 58 litres of water. Dissolve the jaggery into the water and add to it the *kalka* of above ginger, powder of *babbūl* bark and finally powder of *badarī* bark. Also compound the other

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ingredients into powder and add the same together into the above preparation. Keep the above preparation in a fresh earthen pitcher (coated from inside and fumigated) and allow it to remain undisturbed for 20 days. On 21st day keep the preparation in mud made *mocika yañtra* and *mayūr yañtra* and cook it on a slow heat. Following that, add to it 23 gm. measure of the powdered betel nuts, *elvāluka*, *devadāru*, clove, *padmaka*, *uśīra*, red sandalwood, aniseeds, *yamānī*, black pepper, white and black cumin seeds, *karcūra*, *mānsī*, cinnamon bark, smaller cardamom, *jātīphala*, *mustā*, *granthiparṇī*, dried ginger, aniseeds, fenugreek seeds and *śveta candana*. Stir the preparation properly. Distill the drug into glass bottles.

Method of use/Administration: This medicine should be taken considering the strength of blood, flesh and other vital elements of the user.

Therapeutic benefits: This preparation removes all kind of ailment, consolidates the body, serves as an energizer and an aphrodisiac *rasāyaṇa*. It promotes digestive powers as well as memory. It eliminates problems due to vitiated *vāta* as well. It stimulates the user to sexual activities. Regular users of this medicine could take 10 women. They appear as a valour in the battlefield. No medicine is as beneficial in battlefield as this *Mṛitasanjīvanī Surā*. The medicine has been prescribed by *Śukra*charya at the time when the Gods and demons fought each other.

इति भैषज्यरत्नावल्यां वाजीकरणप्रकरणम् ।।७४।।

इति भैषज्यरत्नावल्यां 'विद्योतिनी' नामिकायां भाषाटीकायांवाजीकरणप्रकरणम् ।।७४।।

End of the Chapter 74 of Bhaiṣajya Ratnāvalī with Commentary

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अथ वीर्यस्तम्भप्रकरणम् ७५

Chapter 75

Vīryastambha (Detaining the discharge of semen)

शूरणं तुलसीमूलं ताम्बूलैः सह भक्षयेत् । न मुञ्चति नरो वीर्यमेककेन न संशयः ।।१।।

1. Take purified *sūraṇa kanda* and root of *tulasī*. Ground them together into a powder. This powder is to be consumed with a pack of betel leaves before intercourse. By doing this, the semen of such person would not discharge for a longer period.

कृष्णमार्जारवामाङ्घ्रिसम्भवास्थि रतोद्यमे । दक्षिणे ध्रियते येन तस्य वीर्यस्य न च्युतिः ।।२।।

2. Take bone of a black cat's left feet and tie it with a string. Wearing this tie at the time of intercourse help one to hold discharge of semen for a long time.

चटकाण्डन्तु संगृह्य नवनीतेन पेषयेत् । तेन लेपयतः पादौ शुक्रस्तम्भः प्रजायते ।।
यावन्न स्पृशते भूमि तावद्वीर्यं न मुञ्चति ।।३।।

3. Ointment the soles with a mix of butter and content of egg of *caṭak* bird before copulation. It may equip one with the capacity to retain erection till ground is not touched by the same soles.

नीलोत्पलसितपङ्कजकेशरमधुशर्करावलिप्तेन । सुरते सुचिरं रमते दृढलिङ्गो नाभिविवरेण ।।४।।

4. *Kalka* around the naval region, the mix of pollen of *nīlakamal* and *śveta kamal*, jaggery and honey. It may also help one to retain erection till long time. Thus, one can take a number of women at the same time.

सिद्ध कुसुम्भतैलं भूमिलताचूर्णमिश्रितं कुरुते । चरणाभ्यङ्गेन रते बीजस्तम्भाद् दृढं लिङ्गम् ।।५।।

5. Ointment the sole with *kalka* of powder of *bhumilata* and *kuśumbha* seeds. It may also help one to retain erection till long time. Thus, one can take a number of women at the same time.

सप्ताहं छागभवसलिलसंस्थितं करभवारुणीमूलम् । गाढोद्वर्त्तनविधिना लिङ्गं स्तब्धं रते कुरुते ।।६।।

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6. Triturate the roots of *karabha vāruṇī* in goat's milk and prepare a *kalka* out of it. Ointmenting this *kalka* over male genital organ help it to retain stiffness for a long time.

गौरेकोन्नतशृङ्गत्वग्भवचूर्णेन धूपितं वस्त्रम् । परिधाय भजल्ललनां नैकाण्डो भवति हर्षार्त्तः ।।७।।

7. Arrange horn of such a cow that has only one long horn on her head. Prepare a powder of the upper portion of the horn. Sprinkle this powder over a flaming fire and thus smoke treat a bed sheet. Use this bed sheet at the time of coitus. It equips one to have great aphrodisiac strength. Usually there is a law that one should have coition with only partner. However, use of this measure can allow a person to violate this law and successfully.

समतिलगोक्षुरचूर्णं छागीक्षीरेण साधितं समधु । भुक्तं क्षपयति षाण्ढ्यं यज्जनितं कुप्रयोगेण ।।८।।

8. Obtain the powders of black sesame seeds and *gokṣura* in equal parts and cook them with goat's milk as per method of *kṣīrapāka* (medicated milk, suggested in Chapter 5 of the book). This medicine cure one of sexual disability owing to masturbation and the like.

योगजवराङ्गबन्धं मथितेन क्षालितं हरति । उन्मुखगोशृङ्गोद्भवलेपो योगध्वजभङ्गहरः ।।९।।

9. Washing the genital limb with buttermilk and ointmenting the same with *kalka* obtained by rubbing the horn of cow on a stone slab with water. It helps one to ward off the disease *dhvajabhanga* (early discharge syndrome).

नागवल्लयाद्यं चूर्णम्–

नागवल्ली बला मूर्वा जाती कोषफलं मुरा । अपामार्गस्य बीजञ्च काकोकीयुगलं तथा ।।१०।।
कक्कोलोशीरयष्ट्याह्वचाश्चैतानि मर्दयेत् । वीर्यस्तम्भकरं वृष्यं चूर्णमेतद्रसायनम् ।।११।।

10-11. Nāgavallayādya Cūrṇam:

Ingredients: Root of betel plant, root of *balā*, root of *mūrvā*, *jātīphala*, *jātīkoṣa*, *murāmānsī*, *apāmārga* seeds, *kākolī*, *kṣīrakākolī*, *kakkola*, *uśīra*, *yaṣṭi* and *vacā*.

Process of Drug-Making: Gather powder of the following (50 gm. each): root of betel plant, root of *balā*, root of *mūrvā*, *jātīphala*, *jātīkoṣa*, *murāmānsī*, *apāmārga* seeds, *kākolī*, *kṣīrakākolī*, *kakkola*, *uśīra*, *yaṣṭi* and *vacā*.

Method of use/Administration: Take mix of this powder in doses of 2-3 gm. along with lukewarm milk treated with jaggery in the morning as well as in the

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evening before going to bed. The medicine should be taken with liquor (*śura māṇḍa*).

Therapeutic benefits: It is a great aphrodisiac pill. It also retains the stiffness of male for a quite long time.

अर्जकादिवटी–

मूलमर्जकशङ्खिन्योर्निर्गुण्डीकेशराजयोः । जातीफलं देवपुष्पं विडङ्गं गजपिप्पलीम् ।।१२।।
चातुर्जातं तुगाक्षीरीमनन्तां मूषलीं वरीम् । विदारीं गोक्षुरं बीजञ्चाभातोयेन मर्दयेत् ।।१३।।
माषमानां वटीं कृत्वा सुरामण्डेन योजयेत् । वीर्यस्तम्भकरी बृष्या वटिकेयं प्रकीर्त्तिता ।।१४।।

12-14. Arjakādi Vaṭī:

Ingredients: Roots of plant *tulasī*, roots of *śankhapuṣpī*, roots of *nirgunḍī*, roots of *bhṛingarāja*, *jātīphala*, *lavanga*, *vāya viḍanga*, *gajapippalī*, cinnamon bark, smaller cardamom, cassia leaves, *nāga keśara*, *vanśalocana*, *anantamūla*, *muṣalī*, *śatāvar*, *vidārī kanda*, *gokṣura*, purified seeds of plant *kraunc* and bark of *babbūla* tree.

Process of Drug-Making: Obtain powders of the following (50 gm. each): roots of plant *tulasī*, roots of *śankhapuṣpī*, roots of *nirgunḍī*, roots of *bhṛingarāja*, *jātīphala*, *lavanga*, *vāya viḍanga*, *gajapippalī*, cinnamon bark, smaller cardamom, cassia leaves, *nāga keśara*, *vanśalocana*, *anantamūla*, *muṣalī*, *śatāvar*, *vidārī kanda*, *gokṣura* and purified seeds of plant *kraunc*. Triturate the combination of all of the above powders with bark of *babbūla* tree and prepare pills measuring 1 gm. each. Dry them and preserve them in glass containers.

Method of use/Administration: The medicine should be taken with liquor (*śura māṇḍa*).

Therapeutic benefits: It is a great aphrodisiac pill. It also retains the stiffness of male for a quite long time.

रसगन्धकलौहाभ्ररोप्यहेमानि माक्षिकम् । शाणमानेन संगृह्य तुगाक्षीरीञ्च कार्षिकीम् ।।१५।।
पलप्रमाणं विजयाबीजञ्चैकत्र मर्दयेत् । विजयावारिणा पश्चान्माषमानां वटीं चरेत् ।।१६।।
एकैका भक्षणीयैषा पेयञ्चानु पयः पलम् । श्रीशक्रवल्लभो नाम रसो वाजीकरः परः ।।१७।।
वीर्यस्तम्भकरोऽत्यर्थं प्रमदादर्पनाशनः । गतो ह्यप्सरसां शक्रो वाल्लभ्यं यत्प्रसादतः ।।१८।।

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15-18. Śakravallabha Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, *lauha bhasma*, *abhraka bhasma*, *rajata bhasma*, *svarṇa bhasma*, *svarṇamākṣika bhasma*, *vanśalocana* and purified *vijayā* seeds.

Process of Drug-Making: Obtain 3 gm. measure each of purified *pārada*, purified *gandhaka*, *lauha bhasma*, *abhraka bhasma*, *rajata bhasma*, *svarṇa bhasma* and *svarṇamākṣika bhasma* along with *vanśalocana* measuring 12 gm. and purified *vijayā* seeds measuring 48 gm. First of all prepare *kajjalī* out of *pārada* and *gandhaka* and mix rest of the materials into it. Triturate the preparation thoroughly and prepare pills measuring 1 gm. Dry them and preserve in glass bottle.

Method of use/Administration: Take this *Śakravallabha Rasa* in doses of one pill along with milk measuring a quarter milk measuring one quarter milk in morning and one hour before going to bed in evening.

Therapeutic benefits: This medication equips men with great aphrodisiac power. One can hold erection for a longer period and overpower the women in sexual act. Shakra (other name of Indra, the chief of Gods) use this preparation to control a number of nymps (*apsaras*, celestial maidens). That is why the medicine has been named as *Śakravallabha Rasa* (i.e. loved by Shakra).

कामिनीविद्रावणरसः–

आकारकरभंशुण्ठीलवङ्गं कुङ्कुमं कणाम् । जातीफलं जातिकोषं चन्दनं कार्षिकं पृथक् ।।१९।।
हिङ्गुलंगन्धकंशाणंफणिफेनं पलोन्मितम् । गुञ्जात्रयमितां कुर्यात् सम्मर्द्य वटिकां भिषक् ।।२०।।
पयसा परिपीतोऽयं शुक्रस्तम्भकरो रसः । विद्रावणः कामिनीनां वशीकरण एव च ।।२१।।

19-21. Kaminividravaṇa Rasa:

Ingredients: *Ākar karbha*, *śunṭhī*, *lavanga*, *kumkuma*, *kanam*, *jātīphala*, *jātīkoṣa*, *candana*, purified *hiñgula*, purified *gandhaka*, purified (*phaniphena*) opium and juice of betel leaves.

Process of Drug-Making: Obtain 12 gm. measure each of *ākar karbha*, *śunṭhī*, *lavanga*, *kumkuma*, *kanam*, *jātīphala*, *jātīkoṣa*, *candana* and 3 gm. measure both of purified *hiñgula* and purified *gandhaka*. Also obtain 46 gm. measure of purified (*phaniphena*) opium. First of all prepare *kajjalī* out of *hiñgula* and *gandhaka* and mix rest of the materials into it. Triturate the preparation along with juice of betel leaves and make pills measuring 375 mg. each.

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Method of use/Administration: Take this recipe in doses of two to four pills along with milk in the morning and in the evening one hour before going to bed.

Therapeutic benefits: This medication equips men with great aphrodisiac power. One can hold erection for a longer period and over power the women in sexual act.

इति भैषज्यरत्नावल्यां वीर्य्यस्तम्भप्रकरणम् ।।७५।।

इति भैषज्यरत्नावल्यां 'विद्योतिनी' नामिकायां भाषाटीकायां वीर्यस्तम्भप्रकरणम् ।।७५।।

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अथ विशिष्टरोगाधिकारः ।

आमाशयरोगचिकित्साप्रकरणम् ७६

Chapter 76
The Diseases of Stomach

आमाशयरोगकारणादिकम्–

आमाशये निमित्तैस्तु बहुभिर्विविधा गदाः । नानारूपसमोपेता जायन्ते बहुशो नृणाम् ।।१।।

1. Due to wrong eating habits and unmannerly life-style, many problems related to gastro intestinal tract appear to indispose human beings.

सामान्यतो लक्ष्म तेषां वह्नेर्बलपरिक्षयः । प्रायेणोत्क्लेशवमने दौर्बल्यं सदनं भ्रमः ।।२।।
वैवर्ण्यं कृशतादाहो ज्वरः शूलमथारुचिः । शैथिल्यं चेन्द्रियाणां स्याद्घोरा मूर्च्छाऽपि निश्चिता ।।३।।

2-3. The general symptoms of the stomach-diseases include the following: loss in the digestive power, vomitting tendencies as well as vomiting, general weakness in the body, looseness in the body as well as in the sense-organs, giddiness, discolouring of the bark, thinness, burning sensation in all the limbs particularly in the sense organs and occasional fainting.

चिकित्साक्रमः–

आमाशयोत्थरोगेषु हेतुदोषानुसारतः । अग्नेर्दीप्तिर्विधातव्या पचिनं चानुलोमनम् ।।४।।

4. While following a treatment to the problems related to gastro intestinal tract, the main reasons of the ailment should be considered and the disorders in *doṣas* should be taken care as per their degree. Emphasis should be laid upon the drugs that increases the efficiency of digestive juices in the stomach. The *anulomana* (carminatives-having the power to relieve flatulence and associated colic) method should also be followed.

पिप्पल्यादिक्वाथः–

पिप्पली शारिवा श्यामा शटी धात्री हरीतकी । क्वाथमेषां पिबेत्प्रातमर्धुना सितयाऽन्वितम् ।।५।।
आमाशयोत्थितान् रोगान् वह्निमान्द्यं बलक्षयम् । शूलारोचकहृल्लासान् नाशयत्येष निश्चितम् ।।६।।

5-6. Pippalīādi Kvātha:

Ingredients: Black pepper, *anantamūla*, *śyāmā*, *dhātrī*, *śaṭī*, *harītakī* and water.

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Process of Drug-Making: Obtain the following herbs in equal parts and compound them coarsely: black pepper, the *anantamūla*, *śyāmā*, *dhātrī*, *śaṭī* and *harītakī*. Decoct the mixture of those powders by putting them into water four times greater in their combined weight. Decoction should continue till the original amount is reduced to a quarter. The medicine is now ready.

Method of use/Administration: It should be taken along with sugar and honey (in 2:1 ratio) every morning.

Therapeutic benefits: This decoction is capable to check stomach aliments as well as the indigestion, loss of strength, pain, anorexia, etc.

अमृतार्णवो रसः–

अमृतं रसगन्धौ च लौहमभ्रं समांशकम् । भावयेद्वह्निनीरेण सप्तकृत्वः पृथक् पृथक् ।।७।।
गुञ्जाद्वयमितं खादेद्यथादोषानुपानतः । विषमज्वरेषु चामाशयजातामयेषु च ।।८।।

7-8. Amṛitarnava Rasa:

Ingredients: *Vatsanābha* (aconite), purified mercury, purified sulphur, *bhasmas* of iron and mica and decoction of *citraka's* roots.

Process of Drug-Making: Obtain 12 gm. measure each of the *vatsanābha* (aconite), purified mercury, purified sulphur and the *bhasmas* of the iron and mica. Prepare *kajjalī* of all these herbs and process the same through *bhāvanā* method using decoction of *citraka's* roots for seven times. Finally dry the preparation and process that through a hand mortar.

Method of use/Administration: Take this medicine in doses of 125-250 mg. during the day time along with *anupāna* (like water, milk or honey).

Therapeutic benefits: This medicine cures all kinds of stomach-diseases and the *Viṣam Jvaras* i.e. the fevers that require attention and treatment.

त्रिपुरसुन्दरो रसः–

सिन्दूरमभ्रं त्वथ हेममाक्षिकंमुक्ताफलं हेम च तुल्यभागिकम् ।
संमर्द्य कन्यासलिलेन सप्तधा कुर्याच्च रक्तिप्रमिता वटीरपि ।।९।।
रसोत्तमस्यास्य निषेवणाद्वदानामाशयोत्थान्सकलान्विनाश्य ।
नरो भवेद् धीबलवीर्ययुक्तःसौम्याकृतिः प्रीतमना नितान्तम् ।।१०।।

9-10. Tiripurasundara Rasa:

Ingredients: *Rasa sindūra*, *bhasmas* of mica as of the pyrite, peanland gold and pulp of the *ghṛitakumārī*.

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Process of Drug-Making: Obtain 12 gm. measure each of the *rasa sindūra*, *bhasmas* of mica as of the pyrite, peanland gold. Prepare a fine powder of them all and process the mix through *bhāvanā* method using the pulp of the *ghṛitakumārī*. The preparation should be subsequently processed through a hand mortar for a day long duration. The *bhāvanā* processing of this drug as well as its subsequent mortar-processing should be repeated for seven times. Finally pills of 125 mg. weight should be prepared out of this preparation,

Therapeutic benefits: This drug, named as '*Tripurasundara Rasa*' relieves one from all the ailments. After taking this medicine regularly, one gains strength, intellect and stamina as well as his body's shape becomes hale and hearty.

आमाशयरोगे पथ्यापथ्यम्–

आमाशयामये सेव्यं सुजरं पुष्टिकृत् समम् । अन्नं पानं च यत्नेन परित्याज्यं च दुर्जरम् ।।११।।

11. While suffering through stomach-diseases, one should take easing digestible, light meals, and the nutritious food and drinks. The meals heavy to digest should be avoided in stomach-ailment.

इति भैषज्यरत्नावल्यां विशिष्टरोगाधिकारे आमाशयरोगचिकित्साप्रकरणम् ।।७६।।
इति भैषज्यरत्नावल्यां 'विद्योतिनी' नामिकायां भाषाटीकायां विशिष्टरोगाधिकारे आमाशयरोगचिकित्साप्रकरणम् ।।७६।।

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अथ स्मरोन्मादचिकित्साप्रकरणम् ७७

Chapter 77
Smaronmada
(Insanity caused due to Memory and Desires)

प्रियप्रापणमेवैकं स्मरोन्मादस्य भेषजम् । उन्मादो यत्कृते तत्र क्रोधोत्पादनमेव वा ।।१।।

1. In The indisposition caused by memory and intense desire, main treatment is only making the object in question (maybe a male or a female being)—available to the one indisposed. Otherwise one should try to produce resentment against the object in the heart of the indisposed. These Two measures are capable to treat the indisposition.

अभयादिचूर्णम्–

अभयेभकण द्राक्षा त्रिवृता कौटजं फलम् । वचा विषाऽनलश्चेनद्रवारुणीमूलमुत्तमम् ।।२।।
सुरप्रिया रविः सोमो मागधी निखिलं समम् । चूर्णितं तु पिबेन्नित्यं स्मरोन्मादनिवृत्तये ।।३।।

2-3. Abhayādi Cūrṇam:

Ingredients: *Harītakī*, *gajapippalī* (the hub palmyra), raisin, *tṛivṛit*, *kuṭaja*, *vacā*, *ativiṣā* (aconitum hydro phylum), urbeb (*kankkola*), camphor, pepper, roots of *citraka*, *indrayava* and *arka* tree.

Process of Drug-Making: Take 12 gm. measure each of *harītakī*, *Gajapippalī* (the hub palmyra), raisin, *tṛivṛit*, *kuṭaja*, *vacā*, the *ativiṣā* (aconitum hydro phylum), the urbeb (*kankkola*), camphor and pepper along with the roots of *citraka*, *indrayava*, and the *arka* tree. Compound all of these and mix.

Method of use/Administration: Take this preparation in doses of 500 mg. to 1 gm. measurement every day along with water.

स्मरोन्मादच्छिदं प्रोक्तां सेवेतर्त्तु हरीतकीम् । यद्यत्कफघ्नं मेदोघ्नं भेषजं परिकीर्त्तितम् ।।४।।
तत्तद्बुध्वा प्रयोक्तव्यं स्मरोन्मादे भिषग्जनैः । शुक्रमेहघ्नमप्यत्र गर्दितं भेषजं हितम् ।।५।।

4-5. The *harītakī rasāyaṇa* (suggested in the chapter of the *Rasāyaṇa*) should be taken in the condition of *smaronmada*. The drugs that control the excess of *kapha doṣa* and fat should also be taken in such case. Medicines that reduce the flow of sperms are also prescribed to cure the disease.

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स्मरोन्मादे पथ्यापथ्यम्–

वातानुलोमनं यच्च सुपचं चाग्निदीपनम् । सेवेतान्नं तदेवात्र विपरीतं तु वर्जयेत् ।।६।।

6. The *anulomana* of the wind and the meals that can be digested very easily and that increase the digestive power are prescribed in cases of *smaronmada*. Similarly those food stuff that produce contrary effects are to be avoided at the time of the indisposition.

इति भैषज्यरत्नावल्यां विशिष्टरोगाधिकारे स्मरोन्मादिचकित्साप्रकरणम् ।।७७।।

इति भैषज्यरत्नावल्यां विशिष्टरोगाधिकारे 'विद्योतिनी' नामिकायां भाषाटीकायां स्मरोन्मादचिकित्साप्रकरणम् ।।७७।।

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अथ गदोद्वेगचिकित्साप्रकरणम् ७८

Chapter 78
Gadodvega
(Anguish caused by Ailments)

चिकित्साक्रमः–

सान्त्वनाश्वासवचनैः स्नेहहर्षणतर्पणैः । अपदार्थगदेनार्त्त चिकित्सेत्साधुसेवया ।।१।।

1. The individual suffering through *Gadodvega* (the anguish caused by ailments) should be treated through promising words, showing attachment and love to him through delighting and consoling him and with a proper attendance and care.

वातानुलोमनं यद्यद् दीपनं पाचनं तथा । पित्तहन्नातिकफकृद् भेषजं तत्प्रयोजयेत् ।।२।।

2. The patient of *gadodvega* should take the medicines that home anulomana (carminative) effect, that promote the digestive powers and cure the disorder in digestive juices.

वातव्याधौ हितान्यत्र तैलान्याज्यानि यानि च । तानि प्रयोजयेद्वैद्यो भेषजं च रसायनम् ।।३।।

3. The *ghṛitam*, *taila* and *rasa* varieties of medicines suggested in the section of *Vāta Roga* (i.e. diseases of the nervous system) should be considered in the cases of *Gadodvega*.

अन्नपानं च सुपचं हृद्यं स्निग्धं च पुष्टिकृत् । अपदार्थगदे देयं तदेवान्यन्न शर्मकृत् ।।४।।

4. Patients of the disease *gadodvega* should take meals that are easily digestible, supportive to the heart, oily and promoting the strength of the body.

गदो मिथ्येति न वदेद्भिषगस्य कदाचन । स यद् ब्रवीति वृत्तान्तं सावधानः शृणोतु तत् ।।५।।

5. The physician treating patients should never lie about the disease. He should also not tell the patient that he has only a suspicion about the disease. However, he should listen to the patient with care and do the kind of works that please the patient.

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यमान्यादिचूर्णम्–

यमानी त्रिफला शुण्ठी चातुर्जातं कणा वचा । पुनर्नवा च मुशली चोरपुष्पी मुरा बला ।।६।।
अश्वगन्धाऽष्टवर्गश्चागुरूशीरं तथोत्पलम् । तुगाक्षीरी विदारी च मांसी च चन्दनद्वयम् ।।७।।
शतपुष्पा मधुरिका सर्वाण्येतानि चूर्णयेत् । क्षीरेण पाययेच्चूर्णमेतद्वा शर्कराऽम्बुना ।।८।।
गदोद्वेगं तथोन्मादं वातपित्तोत्थितान् गदान् । क्लीबतां वह्निमान्द्यं च चूर्णमेतन्निवारयेत् ।।९।।

6-9. Yamanyādi Cūrṇam:

Ingredients: Caraway, *tṛiphalā*, dried ginger, cinnamon, lesser variety of cardamom, cassia, *nāga keśara*, pepper, *vacā* (the orices-root), *punarnavā*, *muśalī*, *coraka*, *murā*, *aśvagandhā*, *Aṣṭa vargha* herbs, *aguru*, the *uśīra* grass, *nīlakamal*, *vanśalocana*, *vidārī kanda*, *jaṭāmānsī*, white and red varieties of sandalwood and aniseed.

Process of Drug-Making: Obtain the following herbs in equal amount: caraway, *tṛiphalā*, dried ginger, cinnamon, lesser variety of cardamom, cassia, *nāga keśara*, pepper, *vacā* (the orices-root), *punarnavā*, *muśalī*, *coraka*, *murā*, *aśvagandhā*, *Aṣṭa vargha* herbs, *aguru*, the *uśīra* grass, *nīlakamal*, *vanśalocana*, *vidārī kanda*, *jaṭāmānsī*, white and red varieties of sandalwood and aniseed. Clean and make them dust free powder and mix all of them.

Method of use/Administration: Take this powder in 3-6 gm. doses along with milk or some sweet drink.

Therapeutic benefits: This "*Yamanyādi Cūrṇam*' is a very effective medicine in treating the *Gadodvega*, insanity, impotency, loss of digestive power as well as the diseases produced by the disordered *Vāta* and *Pitta*.

क्षीरोदधिरसः–

रसगन्धौ च गगनं वांशी लौहं शिलाजतु । प्रत्येकं कर्षमानं स्यात् स्वर्णं कर्षार्द्धसंमितम् ।।१०।।
संमर्द्य कन्यानीरेण कलायफलसन्निभाः । वटीर्विदध्यात्सद्वैद्यः पाययेत्त्रिफलाऽम्बुना ।।११।।
प्रातः सायं च तेनाशु गदोद्वेगं भयङ्करम् । क्षयं क्षतं रक्तपित्तं प्रमेहान् वातपित्तजान् ।।१२।।
हलीमकं कामलां च पाण्डुं जीर्णज्वरं तथा । अर्शांसि नाशयेदेष क्षीरोदधिरसो ध्रुवम् ।।१३।।

10-13. Kṣīraodadhi Rasa:

Ingredients: Purified mercury, purified sulphur, *abhraka bhasma*, purified *śilājatu*, *svarṇa bhasma* and pulp of *ghṛitakumārī*.

Process of Drug-Making: Obtain 12 gm. measurement each of the purified mercury, purified sulphur, the *abhraka bhasma* and the purified *śilājātu*and 6 gm. measurement of the *svarṇa bhasma*. Prepare *kajjalī* out of them and churn the

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preparation adding to it the pulp of *ghṛitakumārī* for twelve hours. Prepare small pills (measuring about 250 mg.) and dry them.

Method of use/Administration: Take two pills during morning and evening time along with the decoction of the *tṛiphalā*.

Therapeutic benefits: This drug, *Kṣīraodadhi Rasa* by name, is capable to immediately cure the disease of *gadodvega*, consumption, hemoptysis, *prameha* (i.e. urinary disorders including diabetes), the *raktapitta*, *jaundice*, *halīmaka*, anemia, chronic fever, piles as well as the diseases connected with disordered *vāta* and *pitta doṣas*.

गन्धराजतैलम्–

मालती यूथिकाजातीकेतकी मल्लिका शमी । चम्पकश्च तथाऽशोकः कदम्बाम्रौ च पाटला ।।१४।।
पुष्पाण्येषां यथालाभं पुलामानानि चाहरेत् । द्रोणम्भसा तु संक्वाथ्य पादशिष्टेऽवतारयेत् ।।१५।।
क्वाथमेतं रसं चापि पुण्डरीकस्य तत्समम् । प्रस्थमानेन तैलेन पचेत् कल्कानिमांस्तथा ।।१६।।
मुरामांसी वचा कुष्ठं शैलेयं च शटी वरी । एला बला देवदारु शताह्वा चन्दनद्वयम् ।।१७।।
उशीरं शारिवा रास्ना कक्कोलं कुङ्कमं लघु । अब्दश्यामाग्रन्थिपर्ण्यो नागकेशरसंयुताः ।।१८।।
सिद्ध तैलं चावतार्य शीते तत्र विनिक्षिपेत् । शिलारसं च कर्पूरं कस्तूरीं च यथाविधि ।।१९।।
गन्धराजाभिधं तैलमेतद्व्याध्यभिशङ्किनम् । दारुणान् वातरोगांश्च कृशतामग्निमन्दताम् ।।२०।।
क्लीबतां शुक्रमेहं च स्नायुरोगान्निवारयेत् । शिशूनां पुष्टिकृत्स्त्रीणां गर्भस्थापनकृत परम् ।।२१।।

14-21. Gandharāja Tailam:

Ingredients: Jasmine flower, yellow jasmine, flowers of *ketakī*, *mallikā*, *śami*, *campaka*, *aśoka*, *kadmba*, mango, *paṭala*, water, juice of the white lotus, purified oil of sesame, *murāmānsī*, *vacā*, *kuṣṭha*, *śaileya*, *śaṭī*, *śatāvarī*, lesser variety of cardamom, roots of plant *balā*, *devadāru*, *śatah*, both types of sandalwood, *uśīra* grass, *anantamūla*, *rāsnā*, *kankkola*, *keśara*, *aguru*, *mustaka*, *śyāmālatā*, *granthiparṇa*, *nāga keśara*, *śilārasa*, camphor and musk.

Process of Drug-Making: Get jasmine flower, yellow jasmine, flowers of *ketakī*, *mallikā*, *śami*, *campaka*, *aśoka*, *kadmba*, mango and *pāṭala* in equal parts to a measurement of 12 gm.. Keep all these flowers into an earthen pitcher and pour fourteen liters of water to it. Boil the preparation up to one-fourth of original amount. Strain the decoction and mix the syrup with three liters and a half of juice of the white lotus. Add to this preparation the purified oil of sesame in no less than sixty 48 gm. in measure. Also to be added is the *kalka* obtained from the following (each in amount slightly greater than 6 gm.): *murāmānsī*, *vacā*, *kuṣṭha*, *śaileya*, *śaṭī*, *śatāvarī*, lesser variety of cardamom, roots of plant *balā*, *devadāru*, *śatah*,

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both types of sandalwood, *Uśīra* grass, *anantamūla*, *rāsnā*, *kankkola*, *keśara*, *aguru*, *mustaka*, *śyāmālatā*, *granthiparṇa* and *nāga keśara*. (The *kalka* should weigh 192 ml. in measure). Now decoct the preparation thoroughly and strain it after it gets cool. Add to the liquid thus obtained a little amount of *śilārasa*, camphor and musk.

Therapeutic benefits: This medicine, *Gandharāja Taila* by name removes away a number of diseases including severe *vāta* (nervous) diseases, leanness, loss of digestive power, impotency, *śukra prameha* (spermsuria), and *snagu rāja*. The medicine makes the children healthy and robust and strengthens the fetus in womb as well.

इति भैषज्यरत्नावल्यां विशिष्टरोगाधिकारे गदोद्वेगचिकित्साप्रकरणम् ।।७८।।

इति भैषज्यरत्नावल्यां विशिष्टरोगाधिकारे 'विद्योतिनी' नामिकायां भाषाटीकायां गदोद्वेगचिकित्साप्रकरणम् ।।७८।।

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अथ तत्त्वोन्मादचिकित्साप्रकरणम् ७९

Chapter 79
Treatments for Insanity

यद् यत् स्नायुस्थैर्यकृत्स्याद् यच्च वातानुलोमनम् । भेषजं चान्नपानं च तत्तदत्र हितं मतम् ।।१।।

1. The medicines, meals and drinks that strengthen the nerves and that have *anulomaka* effects with regard to *vāta* (wind) should be administered to the one suffering from the *Tattvonamāda* (insanity caused by the nerves).

श्रीखण्डादिचूर्णम्–

श्रीखण्डं विडं श्यामां मधुयष्टिञ्च शारिवाम् । त्रिफलां मुशलीं रात्रियुगलं बालमुत्पलम् ।।२।।
बलां नागबलां मांसीमुशीरं नागकेशरम् । इक्षुरकं गैरिकं च सर्वमेकत्र चूर्णयेत् ।।३।।
धारोष्णदुग्धेन भिषक् पाययेच्छाणसंमितम् । तत्वोन्मादादयो रोगास्तेन नश्यन्ति सत्वरम् ।।४।।

2-4. Śrikhanḍādi Cūrṇam:

Ingredients: White sandalwood, black salt, *śyāmā*, *madhuyaṣṭī*, *anantamūla*, *triphalā*, *muṣalī*, turmeric, *dāru haridrā*, *sugandhabālā*, blue lotus, *jaṭāmānsī*, *uśīra*, *nāga keśara*, *ikṣuraka* and *gairika* powder.

Process of Drug-Making: Obtain 12 gm. measure each of white sandalwood, black salt, *śyāmā*, *madhuyaṣṭī*, *anantamūla*, *triphalā*, *muṣalī*, turmeric and *dāru haridrā*, *sugandhabālā*, blue lotus, *jaṭāmānsī*, *uśīra*, *nāga keśara*, *ikṣuraka*, and *gairika* powder. Prepare fine powder of them and mix them thoroughly.

Method of use/Administration: This powder should be taken in doses of 4 gm. along with the milk naturally warm.

Therapeutic benefits: This powder, '*Śrikhanḍādi Cūrṇa*,' by name has a definite curative effect on the disease *Tattvonamāda* as well as on spermaturia or the like ailments.

चैतन्योदयरसः–

स्वर्णं सूतं गन्धकं च गगनायःशिलाजतु । वांशीं मुक्ताफलं चन्द्रं संमर्द्य त्रिफलाऽम्भसा ।।५।।
रक्तिकाप्रमिता वट्यःकार्याश्छायाविशोषिताः । देयैका च वरीवारा तत्त्वोन्मादादिशान्तये ।।६।।

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5-6. Caitanyodaya Rasa:

Ingredients: *Svarṇa bhasma*, purified mercury, purified sulphur, *abhraka bhasma*, *lauha bhasma*, purified *śilājatu*, *vanśalocana*, *muktā bhasma* and camphor and decoction of *tṛiphalā*.

Process of Drug-Making: Get 12 gm. measure each of the *svarṇa bhasma*, purified mercury, purified sulphur, *abhraka bhasma*, *lauha bhasma*, purified *śilājatu*, *vanśalocana*, the *muktā bhasma* and camphor. Prepare *kajjalī* with the mercury and sulphur and thoroughly mix rest of the materials into it. Treat the preparation with the decoction of *tṛiphalā* in a stone mortar for twelve hours. Prepare pills weighing 125 mg. each and dry them under shadow.

Method of use/Administration: This medicine, *Caitanyodaya Rasa*, should be taken along with the juice of *Śatāvara* bulbs.

Therapeutic benefits: This medicine cures one from the *tattvonamāda* and indispositions related to heart and brain.

शतधौतघृताभ्यङ्गो मध्वाज्यं विषमांशकम् । ब्रह्ममोहापहं नूनं सर्पिरप्यम्बुमिश्रितम् ।।७।।

7. In the insanity cases related to the nerves, it is very helpful to (1) massage the entire body with the *ghṛitam* treated by water for hundred times, (2) taking honey and *ghṛitam* in equal doses (i.e. in 2: 1 ratio) and, (3) drinking a mix of *ghṛitam* and water.

जातुचित्ताडनाद्यैश्च ब्रह्ममोहः शमं व्रजेत् । कृत्रिमे ब्रह्ममोहे तु ताडनं परमौषधम् ।।८।।

8. On occasions, beating up the patient also cures the insanity caused by nerves-in fact those pretending the ailment are to be cured with beating only.

अपस्मारहरं यच्च वातामयहरं च यत् । आज्यतैलादि तत् सर्वं ब्रह्ममोहे हितं मतम् ।।९।।

9. The *ghṛitam*, *taila* and other types of drugs prescribed for epilepsy and nervous diseases, can be used also in cases of the *tattvonamāda* diseases.

इति भैषज्यरत्नावल्यां विशिष्टरोगाधिकारे तत्त्वोन्मादचिकित्साप्रकरणम् ।।७९।।
इति भैषज्यरत्नावल्यां विशिष्टरोगाधिकारे 'विद्योतिनी' नामिकायां भाषाटीकायां तत्वोन्मादचिकित्साप्रकरणम् ।।७९।।

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अथाचलवातचिकित्साप्रकरणम् ८०

Chapter 80
Treatment of the *Acala Vāta Roga*

यथाऽत्र गदिनश्चित्तं प्रसन्नमवतिष्ठते । सर्वथा तत प्रकर्त्तव्यं तद्धि मुख्यं चिकित्सितम् ।।१।।

1. The main treatment to the disease *Acala Vāta* is nothing but to keep the patient pleased and happy. Therefore, one should follow the methods which make the patients feel good and relaxed.

मूर्धिन शीताम्भसा सेकश्चन्दनादिप्रलेपनम् । तथा मेषीक्षीरपानं कर्त्तव्यं मृदुरेचनम् ।।२।।

2. The patient should be treated by the *dhāra* (flowing a current of water) on his forehead) method, by application of the wet sandalwood powder over his forehead, by drinks of the milk of sheep. He should also take the soft purgative for removing constipation.

हिङ्ग्वादिचूर्णम्–

हिङ्गु दार्वी देवदारु हरिद्रा चन्दनं शशी । मधूकं मधुकं सेव्यं फलत्रिकमथो मुरा ।।३।।
संचूर्ण्यैकत्र पयसा पिबेद्वा शीतलाम्भसा । अनेनाचलवाताख्यो व्याधिर्नाशं प्रयाति हि ।।४।।

3-4. hinguvādi Cūrṇam:

Ingredients: Asafoetida, *dāru haridrā*, *devadāru*, turmeric, white sandalwood, camphor, dried flowers of the *madhūka* tree, *madhuka*, *uśīra* grass, *triphalā* (separately) and *murāmānsī*'s roots.

Process of Drug-Making: Obtain 12 gm. measure each of the asafoetida, *dāru haridrā*, *devadāru*, turmeric, white sandalwood, camphor, dried flowers of the *madhūka* tree; *madhuka*, *uśīra* grass, *triphalā* (separately), and *murāmānsī*'s roots and powder all of them finely.

Method of use/Administration: Take 1 gm. doses of this powder daily along with milk and cold water.

Therapeutic benefits: This '*Hingavādi Cūrṇa*' medicine immediately cures one from the *Acala Vāta Roga*.

सिन्दूरं पयसा पीत्वा स्वास्थ्यं रोगी व्रजत्यरम् ।।५।।

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5. One should take 62 mg. doses of the *sindūrasa* and lick this with the honey and take milk as well. This Treatment checks the disease very effectively.

वातामयापहं यद् यद् मूर्च्छाभिद्भेषजं तथा । तत्तद् विचार्य दातव्यं यथादोषानुपानकम् ।।६।।

6. The medicines and meals that remove the nervous diseases as well as the fainting, should be taken (in the cases of *Acala Vāta*) during the noon time.

पथ्यापथ्यम्–

अपस्मारेऽथ मूर्च्छायां वातव्याधावुदीरितम् । यत् पथ्यं यदपथ्यं च तत्तदेवात्र संमतम् ।।७।।

7. The *pathyā* and *Apathya* items described in epilepsy, fainting and nervous diseases should also be followed in the cases of the disease *Acala Vāta*.

इति भैषज्यरत्नावल्यां विशिष्टरोगाधिकारेऽचलवातचिकित्साप्रकरणम् ।।८०।।

इति भैषज्यरत्नावल्यां विशिष्टरोगाधिकारे 'विद्योतिनी' नामिकायां भाषाटीकायामचलवातचिकित्साप्रकरणम् ।।८०।।

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अथ ताण्डवरोगचिकित्साप्रकरणम् ८१

Chapter 81
Treatment of the *Tāṇḍava Roga*

बृंहणं रेचनं चाग्निबलवर्द्धनमुत्तमम् । अन्नपानं च भैषज्यं प्रयोज्यं ताण्डवे गदे ।।१।।

1. The meal, medicines, and drinks that properly promote aphrodisiac capacity, as well as the indigestion and that is purgative should be used to check the *Tandava Roga*.

रजोरोधे रजःस्रावः क्रिमिजे क्रिमिनाशनम् ।।२।।

2. The *Tandava* disease caused among the women due to holding of the cataminial discharge should be cured by the medicines that increase the discharge. The *tandava* generated due to the effect of germs should be treated with the germicidal medicines.

श्यामादिक्वाथः–

श्यामामनन्तां धात्रीं च त्रिवृतां मधुयष्टिकाम् । एलाचन्दनयोर्द्वन्द्वं क्वाथयित्वाऽम्बु संपिबेत् ।
विलयं यात्यनेनाशु निश्चितं ताण्डवामयः ।।३।।

3. Śyamādi Kvātha:

Ingredients: *Śyamalata*, *anantamūla*, *āmalakī*, *niśotha*, *madhuyaṣṭī*, lesser variety of cardamom, bigger variety of cardamom, red and white sandalwood and water.

Process of Drug-Making: Take equal parts of the herbs *śyāmālatā*, *anantamūla*, *āmalakī*, *niśotha*, *madhuyaṣṭī*, lesser variety of cardamom, bigger variety of cardamom and the red and white sandalwood. Powder them in water four times greater in quantity and decoct the combination till the original quantity is reduced to one fourth.

Therapeutic benefits: Regular doses of this decoction speedily cures the *tandava* disease.

ताण्डवारिलौहम्–

दारुमूषाहिङ्गुचन्द्रयशदायो यथोत्तरम् । चतुर्गुणं समादाय विभाव्य विजयाऽम्भसा ।।४।।
कुपीलुजस्य क्वाथेन पार्थस्य स्वरसेन च । षड्रक्तिकां वटीं कृत्वा युञ्ज्यात्ताण्डवशान्तये ।।५।।

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4-5. Tandavari Lauham:

Ingredients: Purified arsenic, asafoetida, camphor, *yaṣaḍa bhasma*, *lauha bhasma*, decoctions of the hemp leaures, *kupīlūja* (*kucilā*) and the barks of *arjuna* tree.

Process of Drug-Making: Take 12 gm. measure of purified arsenic, 48 gm. measure of the asafoetida, camphor in 192 gm. measure, the *yaṣaḍa bhasma* in sixty 48 gm. measure, and the *lauha bhasma* in 3072 gm. measures powder all of them thoroughly and process them through *bhāvanā* method for seven times each with the decoctions of the hemp leaures, *kupīlūja* (*kucilā*) and the barks of *arjuna* tree. Prepare pills out of the preparation that measure 750 mg. each.

Method of use/Administration: One pill of this medicine '*Tandavari Lauha*' by name should be taken daily.

Therapeutic benefits: It cures the *Tandava* disease.

पथ्यापथ्यम्–

बृंहणं पानमन्नं च स्नानं स्रोतस्वतीजले । शयनं कर्म चाक्लेशमिह यत्तत्तु शर्मणे ।।६।।
उक्तं सर्वं कर्षणादि दुःखाय भिषजां वरैः ।।७।।

6-7. The aphrodisiac drinks and meals, bathing in the river, over sleeping and un-tiresome activities, etc, are helpful in the *Tandava* disease while the meals and habits that makes the body lean and thin are damaging to the health in cases of the *Tandava* ailment.

इति भैषज्यरत्नावल्यां विशिष्टरोगाधिकारे ताण्डवरोगचिकित्साप्रकरणम् ।।८१।।
इति भैषज्यरत्नावल्यां विशिष्टरोगाधिकारे 'विद्योतिनी' नामिकायां भाषाटीकायां ताण्डवरोगचिकित्साप्रकरणम् ।।८१।।

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अथ स्नायुरोगचिकित्साप्रकरणम् ८२

Chapter 82

Snāyu Roga

वह्निदीप्तिकरं यद् यद् यद् यद्वा बलवर्द्धनम् । वातानुलोमनं तत्तत् स्नायुशूले हितं मतम् ।।१।।

1. The meals and herbs that promote the digestive power and regulates the *vāta doṣa* should be used in the *snāyu* (ligament or nerves) related ailments.

Note: For the '*Snāyuka Roga*', i.e. the Guinea warm diseases please refer to the 96th chapter of the book.

स्नायुशूलहरचूर्णम्–

शारिवैलानिशामेदाद्वन्द्वानि त्रिफलाऽमृता । उशीरं चन्दनंशुण्ठी यमानी चाखिलं समम् ।।२।।
सर्वचूर्णसमं रौप्यं द्विगुञ्जं गव्यसर्पिषा । चूर्णं तूर्णं पीतमेव स्नायुशूलहराभिधम् ।।
अखिलं स्नायुशूलं च हन्ति वातामयांस्तथा ।।३।।

2-3. Snāyuśūla Hara Cūrṇam:

Ingredients: *Anantamūla*, *śyāmālatā*, lesser and bigger varieties of the cardamom, turmeric, *dāru haridrā*, *medā*, *mahāmedā*, *harītakī*, *vibhītaka*, *āmalakī*, *amṛitā*, *uśīra* (the *uśīra* grass), white sandalwood and caraway seeds.

Process of Drug-Making: Obtain 12 gm. measure each of the *anantamūla*, *śyāmālatā*, lesser and bigger varieties of the cardamom, turmeric, *dāru haridrā*, *medā*, *mahāmedā*, *harītakī*, *vibhītaka*, *āmalakī*, *amṛitā*, *uśīra* (the *uśīra* grass), white sandalwood, and caraway seeds. Take 192 gm. measure (i.e. equal to the rest of ingredients) of silver-ash i.e. the *rajata bhasma*. Prepare fine powder of all these parts together.

Method of use/Administration: This powder should be consumed in the doses of 250 mg. along with the cow-*ghṛitam*.

Therapeutic benefits: This *Snāyuśūla hara Cūrṇa* i.e. powder cures all kinds of the diseases connected with the nervous system and the like.

मिहिरोदयरसः–

माक्षिकं रजतं लौहं सिन्दूरं वह्निवारिणा । भावयित्वा विमर्द्याथा कृत्वा रक्तिमिता वटीः ।।४।।
एकैकां भक्षयेदासां त्रिफलाऽद्भिरहर्मुखे । मिहिरोदयनामाऽयं स्नायुशूलं रसो हरेत् ।।५।।

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4-5. Mihirodaya Rasa:

Ingredients: *Bhasmas* each of the *svarṇamākṣika*, *rajata*, *lauha* and *rasa sindūra* and decoction of the roots of *citraka*.

Process of Drug-Making: Take the *bhasmas* each of the *svarṇamākṣika*, *rajata*, *lauha* and *rasa sindūra* and prepare their fine powder. Process this powder through a stone mortar treating them with the decoction of the roots of *citraka* for three hours. Prepare pills measuring 250 mg. each and dry them.

Method of use/Administration: Take two of these pills every day along with decoction of the *triphalā* during morning hours.

Therapeutic benefits: This *Mihirodaya Rasa* cures the ailments related to nerves.

स्वर्णसिन्दूररसः–

स्वर्णसिन्दूरमुक्ताऽभ्रं प्रत्येकं कर्षसंमितम् । वङ्गं लौहं च वैक्रान्तं सुवर्णं स्वर्णमाक्षिकम् ।।६।।
पित्तलं चाश्मजतुकं प्रवालं गन्धकः पुरः । समुद्रफेनं संग्राह्यं प्रत्येकं कोलसंमितम् ।।७।।
भावयेद्वह्निनीरेण वटीं कुर्याद् द्विगुञ्जिकाम् । प्रातः सायं देवदारुकषायेण प्रयोजयेत् ।।८।।
स्वर्णसिन्दूरनामाऽयं रसानां प्रवरो रसः । स्नायुजानामयान् सर्वान्निहन्त्यत्र न संशयः ।।९।।

6-9. Suvarṇasindūra Rasa:

Ingredients: *Svarṇa sindūra*, *muktā bhasma*, *abhraka bhasma*, *vanga*, *lauha*, *vaikrānta*; *suvarṇa*, *svarṇamākṣika*, *pittala*, purified *śilājatu*, *pravāla bhasma*, purified sulphur, *guggulu*, *samudra phena* and decoction of *citraka*.

Process of Drug-Making: Take 12 gm. measure each of the *svarṇa sindūra*, *muktā bhasma* and *abhraka bhasma* and 6 gm. measure each of the *vanga*, *lauha*, *vaikrānta*, *suvarṇa*, *svarṇamākṣika*, *pīttala*, purified *śilājatu*, *pravāla bhasma*, purified sulphur, *guggulu* and the *samudra phena*. Mix them together and prepare their fine powder. Treat this mixture for seven times through the *bhāvanā* process using the decoction of *citraka*. Prepare pills weighing 250 mg. each and dry them.

Method of use/Administration: Take one pill in the morning and another in the evening every day along with the decoction of the *devadāru*.

Therapeutic benefits: This is the best cure for healing up all the ailments connected with the nervous system.

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कुमारीवटी–

सुवर्णं रजतं तालं स्वर्णमाक्षिकमुत्तमम् । शतकृत्वो भावयित्वा कन्यकोद्भूवारिणा ।।१०।।
वटीं कृत्वा रक्तिमितामामलकीरसेन हि । सेवनामो जनो नूनं कुमारीवटिकामिमाम् ।।११।।
नाशयेत्स्नायुजान् रोगान् वह्निमान्द्यमरोचकम् ।।१२।।

10-12. Kumārī Vaṭī:

Ingredients: *Bhasmas* of *svarṇa*, *rajata*, *svarṇamākṣika* and purified *haritāla* and and pulp of the *ghṛitakumārī*.

Process of Drug-Making: Take in equal parts the *bhasmas* of each of the *svarṇa*, *rajata*, *svarṇamākṣika* and the purified *haritāla* and mix them together. Process this mix through the *bhāvanā* method for hundred times using the pulp of the *ghṛitakumārī*. Prepare pills of 250 mg. weight and dry them.

Therapeutic benefits: This pill is very effective cure for the diseases like *snāyuvikāra*, loss of appetite and anorexia.

महारजतवटी–

कर्षोन्मित तु रजतं मौक्तिकं स्वर्णगैरिकम् । कर्षार्द्धप्रमितं लौहं प्रबालं च शिलाजतु ।।१३।।
वैक्रान्तं व्योम सिन्दूरं त्रिःकृत्वो वह्निवारिणा । काकमाचीरसेनापि सप्तकृत्वो विभावयेत् ।।१४।।
रक्तिद्वयोन्मितां कृत्वा वटिकां पयसा समम् । सेवेत प्रत्यहं प्रातः स्नायुरोगनिवृत्तये ।।१५।।

13-15. Māharajaṭā Vaṭī:

Ingredients: *Bhasmas* of *rajata*, *muktā*, purified *svarṇa gaiṛika*, *lauha bhasma*, *pravāla bhasma*, purified *śilājita*, *vaikrānta bhasma*, *abhraka bhasma*, *rasa sindūra*,,decoction of the roots of *citraka* and juice of the *kākamācī*.

Process of Drug-Making: Take 12 gm. each of the *bhasmas* of the *rajata*, *muktā*, purified *svarṇa gaiṛika*, 6 gm. each of the *lauha bhasma*, *pravāla bhasma*, purified *śilājita*, *vaikrānta bhasma*, *abhraka bhasma*, and *rasa sindūra*. Mix all of these together and powder them. Using the decoction of the roots of *citraka* treat this mixture through the *bhāvanā* process for three times. This process should be followed by the process of *bhāvanā* method for seven times using the juice of the *kākamācī*.

Method of use/Administration: This pill should be taken daily along with milk.

Therapeutic benefits: It cures *snāyu roga*.

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शतावरीघृतम्–

शतावरीरसप्रस्थमाजदुग्धस्य चाढकम् । आज्यप्रस्थं पचेत्कल्कैरेभिरेकत्र सद्भिषक् ।।१६।।
हरिद्रायुगलं वासा मुशली नीलमुत्पलम् । चोरपुष्पी नीलिनी च श्यामाऽनन्तेन्द्रवारुणी ।।१७।।
चन्द्रने द्वे विदारी च द्राक्षा तामलकी बला । हरीतकी नागबला देवदारु च दाडिमः ।।१८।।
निम्बः शृङ्गीतितुल्यांशैर्घृतपादांशसंमितैः । एतत्सिद्धं घृतं हन्ति स्नायुजानामयानलम् ।
बलं वीर्यं तथा मेधां पुष्टिं कुर्यान्मतिं सतीम् ।।१९।।

16-19. Śatāvarī Ghṛitam:

Ingredients: Juice of *śatāvarī*, goat's milk, *mūrcchita* cow *ghṛitam*, *haridrā*, *dāru haridrā*, *vāsa*, *muṣalī*, *neelotphalā*, *corapuṣpī*, roots of *nīlinī*, black and white varieties of *śārivā*, roots of *indrayava*, both (white and red) varieties of sandalwood, bulbs of herb *vidārī*, raisin, bark of pomegranate, *āmalakī*, roots of plant *balā*, *harītakī*, roots of *nāgabalā*, bark of *neem* tree and *śṛīngī*, milk, *ghṛitam* and juice of *śatāvarī*.

Process of Drug-Making: Take 750 ml. of the juice of *śatāvarī*, 3 litres measure of the goat's milk, 750 ml. of the *mūrcchita* cow *ghṛitam*. Prepare a *kalka* of the following herbs (each taken in equal parts): *haridrā*, *dāru haridrā*, *vāsa*, *muṣalī*, *nīlotpala*, *corapuṣpī*, the roots of the *nīlinī*, the black and white varieties of *śārivā*, the roots of *indrayava*, both (white and red) varieties of the sandalwood, the bulbs of the herb *vidārī*, raisin, the bark of pomegranate, *āmalakī*, roots of the plant *balā*, *harītakī*, the roots of *nāgabalā*, bark of *neem* tree and *śṛīngī* (the combined weight of the *kalka* should remain only one-fourth of the *ghṛitam*). Boil the *kalka* mixed with the above milk, *mūrcchita ghṛitam* and juice of *śatāvarī*.

Therapeutic benefits: This drug *Śatāvarī Ghṛitam* by name cures all kinds of the nervous system and increases the strength of the body, stamina as well as the intellect.

सुरवल्लभतैलम्–

त्रिफला चपला वांशी दशमूलं त्रिवृद्बला । हयगन्धा हस्तिशुण्डी रास्ना मूर्वाऽऽटरूषकः ।।२०।।
शटी शुण्ठीजयन्तीचबिल्वः कुटजदाडिमौ । एभिः कल्कैस्तिलोद्भूतं तैलं तु विपचेद्भिषक् ।।२१।।
क्वाथेन हयगन्धायाः क्षीरेणच्छागजेन च । गन्धद्रव्यैः समस्तैश्च मन्दज्वालेन वह्निना ।।२२।।
सुरवल्लभनामैतत्तैलं स्नायुभवामयान् । वातपित्तकफोद्भूतान्नाशयेन्नात्र संशयः ।।२३।।

20-23. Surāvallabha Tailam:

Ingredients: *Triphalā*, *pippalī*, *vanśalocana*, *daśamūla* herbs, *aśvagandhā*, *hastiśuṇḍī*, *rāsnā*, *śaṭī*, dried ginger, *jayantī*, bark of bed *kuṭaja*, *dāḍima* trees,

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roots of *tṛivṛit*, *balā*, *mūrvā* and *aḍuṣā* plants, decoction of *aśvagandhā*, goat-milk and *mūrcchita* sesame oil.

Process of Drug-Making: For preparing a *kalka* obtain in equal parts, the following herbs, the *tṛiphalā*, *pippalī*, *vanśalocana*, the *daśamūla* herbs, *aśvagandhā*, *hastiśuṇḍī*, *rāsnā*, *śaṭī*, dried ginger, *jayantī*, the bark of bed *kuṭaja* and *dāḍima* trees and roots of the *tṛivṛit*, *balā*, *mūrvā* and *aḍuṣā* plants. Prepare a water based *kalka* of these herbs. Thereafter prepare decoction of *aśvagandhā* and the goat-milk measuring 6 litres each. Mix both the *kalka* and the decoction together and add 1.50 litre measure of the *mūrcchita* sesame oil to the preparation. Cook the same on a slow heat till the boiling point. Thus, the *Surā Vallabha Taila* is prepared.

Therapeutic benefits: This *taila* or oil is without doubt capable to cure the *snāyu* diseases as well as different *vāta*, *pitta* and *kapha* disorders.

स्वेदसेकप्रलेपांश्च स्नायुशूलेषु योजयेत् । तीव्रं विरेचनं चात्र विदध्यान्मलसंचये ।।२४।।

24. In the pain of *snāyu*, the *svedana* (fomentation), ointmenting of the pain-killing drugs should be applied. If the patient is suffering from constipation he should be given a high level laxative drug as well.

घृततैलादिकं योज्यं वातरोगनिकृन्तनम् । स्नायुमूलेषु सर्वेषु भेषजं च रसायनम् ।।२५।।

25. The anti-*vāta ghṛitam* and oil preparations as well as *rasāyaṇa* should be used in the cases of *snāyu* ailments.

कुपीलुचूर्णममृतसारलौहं तथा सुरा । सेव्यानीमानि विधिना स्नायुशूलप्रशान्तये ।।२६।।

26. The powder of purified *kupīlū*, *amṛitasāra lauha* and different kinds of liquor should be taken as prescribed in the medical texts.

अर्द्धभेदापहं दारुविषं योज्यं यथाविधि । प्रयोक्तव्यं रोगशान्तौ तत् प्रकोपे न जातुचित् ।।२७।।

27. In the cases of *ardhabheda* (hemi crania) the *dāruviṣa* poison can be taken in one-hundredth part of 125 mg. to three times of this measure. But this medication should not be applied when the disease is manifesting itself. It can be taken when the hemi crania is in mature stage.

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स्नायुरोगे पथ्यापथ्यम्–

यत् पथ्यं यदपथ्यं च वातव्याधौ प्रकीर्त्तितम् । तदेव स्नायुशूलेषु विनिर्दिष्टं विषग्वरैः ।।२८।।

28. The wise physicians have prescribed the same dietary regulations and prohibitions for the *snāyu roga* as has been done for the cases of *vāta-roga* (i.e. diseases of the nervous system).

इति भैषज्यरत्नावल्यां विशिष्टरोगाधिकारे स्नायुरोगचिकित्साप्रकरणम् ।।८२।।

इति भैषज्यरत्नावल्यां विशिष्टरोगाधिकारे 'विद्योतिनी' नामिकायां भाषाटीकायां स्नायुरोगचिकित्साप्रकरणम् ।।८२।।

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अथ स्खालित्यचिकित्साप्रकरणम् ८३

Chapter 83

Skhālitya Cikitsa (Treatment of Alopecia)

स्वकर्मणो निवृत्तिस्तु स्खालित्ये भेषजं शुभम् । कटुतीक्ष्णकषायादि पथ्यं व्यर्थं तु तद्विना ।।१।।

1. The best remedy of the *skhālitya* is nothing but properly conducted and regulated physical habits. If they were not carried through properly, all the hot, soft and bitter drugs would not yield any effect.

तिमिङ्गिलगिलोद्भूतः स्नेहः शूकरजोऽथवा । स्खालित्यं विनिहन्त्याशु सप्तघस्रं प्रयोजितः ।।२।।

2. Application of the oil obtained from the fat of the whale and the fat of pigs for seven consecutive days cures one from the *skhālitya* disease i.e. partial or total loss of hair leading to baldness.

आदित्यपक्वतैलम्–

बला रास्ना जयन्ती च मधुकं मुशली त्रिवृत् । जीवकर्षभकौ कुष्ठं कमलं चन्दनद्वयम् ।।३।।
नलिकैलाद्वयं चाश्वगन्धा लवणपञ्चकम् । त्रिफला देवकुसुमं मुरामांसी च केशरम् ।।४।।
प्रत्येकं कर्षमात्रं तु तैले प्रस्थप्रमाणके । क्षिप्त्वा षण्मासपर्यन्तं रुद्ध्वा तत्पात्रमातपे ।।५।।
स्थापयेत्प्रत्यहं यत्नात्ततः कल्कात् पृथक् कृतम् । तैलमेतत् प्रयोक्तव्यं स्खलित्यादिगदापहम् ।।६।।

3-6. Ādityapakva Tailam:

Ingredients: Roots of *balā*, *rāsnā*, *jayantī*, *madhuka*, *muśalī*, *niśotha*, *jīvaka*, *ṛiṣabhaka*, *kuṣṭha*, lotus flower, white and red varieties of the sandalwood, *nalikā*, both of *aśvagandhā*, rock salt, common sea salt, black salt, salt obtained from the Sambhar lake (of Rajasthan state) and the one from soil, *tṛiphalā* herbs, clove, *murāmānsī* and *nāga keśara* and *mūrcchita* sesame oil.

Process of Drug-Making: Take 12 gm. measure each of the roots of *balā*, *rāsnā*, *jayantī*, *madhuka*, *muśalī*, *niśotha*, *jīvaka*, *ṛiṣabhaka*, *kuṣṭha*, lotus flower, white and red varieties of the sandalwood, *nalikā*, both of *aśvagandhā*, rock salt, common sea salt, black salt, the salt obtained from the Sambhar lake (of Rajasthan state) and the one obtained from the soil, the *tṛiphalā* herbs, clove, *murāmānsī* and the *nāga keśara*, powder all of these drugs into *mūrcchita* sesame oil measuring 750 ml. The jar containing the oil and these herbs should be lightly closed.

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Method of use/Administration: This medicinal oil named *Ādityapakva Taila* should be applied as ointment.

Therapeutic benefits: It cures the disease of *skhālitya* and the like.

स्खालित्यारिरसः–

तुत्थकं रजतं व्योम मर्दयेत्कन्यकाऽम्बुना । कृत्वा वटीं मुद्गमात्रामाज्येन सह पाययेत् ।।७।।
स्खालित्यारिरसो नाम स्खालित्यं स्नायुजान् गदान् ।
वातश्लेष्मोत्थितान् रोगान् नाशयेद चिराद् ध्रुवम् ।।८।।

7-8. Skhālityāri Rasa:

Ingredients: *Tutthaka*, *rajata bhasma*, *abhraka bhasma* and juice of the pulp of *ghṛitakumārī*.

Process of Drug-Making: Obtain 12 gm. measure each of the *tutthaka*, the *rajata bhasma* and *abhraka bhasma*. Prepare fine powder of these materials and mix the powder with the juice of the pulp of the *ghṛitakumārī*. Process this preparation for three hours through a stone-mortar. Prepare pills as small as the size of the peas. Dry these pills. Now the drug named *Skhālityāri Rasa* is ready for use.

Method of use/Administration: It should be taken along with the *ghṛitam*.

Therapeutic benefits: Depending on the doses taken, this *snāyu roga* and the diseases generated by the disorder in *vāta* and *kapha doṣas* get cured.

स्खालित्ये पथ्यम्–

पथ्यमत्र विजानीयाद् द्रव्यं पुष्टिबलप्रदम् ।।९।।

9. Diet etc.:

In the event of the *skhālitya* disease, one should take the meals that promotes and invigourates the strength of the body.

इति भैषज्यरत्नावल्यां विशिष्टरोगाधिकारे स्खालित्यचिकित्साप्रकरणम् ।।८३।।
इति भैषज्यरत्नावल्यां विशिष्टरोगाधिकारे 'विद्योतिनी' नामिकायां भाषाटीकायां स्खालित्यचिकित्साप्रकरणम् ।।८३।।

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अथ खञ्जनिकाचिकित्साप्रकरणम् ८४

Chapter 84
Treatment of *Khañjanikā* (Lameness)

खञ्जनिकामये यस्मात्खञ्जनीद्विदलाशनम् । प्रधानं कारणं तस्मात्तद्वर्ज्यं स्वास्थ्यमीप्सुभिः ।।१।।

1. The name of the disease has been derived from the pulse been called *Khanjani* in the state of Bengal. Excessive use of this pulse leads to the attack of this disease (this is paralysis of one leg).

वातामयहरं सर्पिस्तैलं चात्र प्रयोजयेत् ।।२।।

2. It is advisable in event of the *khañjanikā* to use the *Ghṛitam* and *Taila* (oil) medicines prescribed in the cases of the *vāta*-generated diseases.

बलादिक्वाथः–

बलां सेव्यं च माषं च कटुकां त्रिवृतां तथा । क्वाथयित्वा पिबेत्तोयं खञ्जनीगदशान्तये ।।३।।

3. Balādi Kvātha:

Ingredients: Roots of *balā*, *uśīra* grass, horse pea, *kaṭukī*, *niśotha* and water.

Process of Drug-Making: Take the roots of *balā*, *uśīra* grass, horse pea, *kaṭukī* and *niśotha* each measuring 24 gm.. Decoct them in 384 ml. measure of water till the quantity is reduced to one-fourth.

Method of use/Administration: Drink the same.

Therapeutic benefits: Drinking this decoction cures the disease *khañjanikā*.

खञ्जनिकारिरसः–

विषतिन्दुकबीजायोरजतानि समांशतः । गृहीत्वाऽर्जुनतोयेन परिभाव्य यथाविधि ।।४।।
मुद्गप्रमाणा वटिका विधाय च विशोषयेत् । पक्षाघातं तथा घोरं खञ्जनिकाभिधं गदम् ।
रसः खञ्जनिकारिर्द्राग् नाशयेन्नात्र संशयः ।।५।।

4-5. Khañjanikāri Rasa:

Ingredients: Purified *viṣa tinduka*, *lauha bhasma*, *rajata bhasma* and juice of the leaves of *arjuna* tree or its bark.

Process of Drug-Making: Take 12 gm. each of the purified *viṣa tinduka*, *lauha bhasma* and *rajata bhasma* and pound them along with the juice of the

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leaves of *arjuna* tree or its bark. Process this preparation through a stone mortar and prepare small pills out of it in size as small as the peas.

Therapeutic benefits: This drug named *Khañjanikāri Rasa* is capable to cure the paralysis as well as the *khañjanikā*.

पथ्यापथ्यम्–

वातघ्नं पुष्टिकृद् यत्स्यादन्नं पानं च भेषजम् । तत्सर्वं भिषजा देयं यथादोषानुसारतः ।।६।।

6. The meals and drinks that are prescribed in the *vāta*-related diseases should be taken in the case of *khañjanikā* as well, depending on the strength and weakness of the patient concerned.

इति भैषज्यरत्नावल्यां विशिष्टरोगाधिकारे खञ्जनिकाचिकित्साप्रकरणम् ।।८४।।

इति भैषज्यरत्नावल्यां विशिष्टरोगाधिकारे 'विद्योतिनी' नामिकायां भाषाटीकायां खञ्जनिकाचिकित्साप्रकरणम् ।।८४।।

End of the Chapter 84 of Bhaiṣajya Ratnāvalī with Commentary

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अथोरस्तोयचिकित्साप्रकरणम् ८५

Chapter 85
Treatment of *Urustoya* (Pleurisy)

कफघ्नमौषधं यत्स्याद् यच्च मूत्रलमुत्तमम् । तदेवादावुरस्तोयगदे दद्याद् भिषग्वरः ।।१।।

1. In the cases of *urustoya* (pleurisy), first of all one should take the drugs that clear the *kapha* from the chest. Along with them, the use of drug that affects polyuria is also beneficial in pleurisy.

तृषानियमनं कार्यं न सेव्यं शीतलोदकम् । हिमपवनोऽभिष्यन्दि निखिलं यत्नतः सदा ।।२।।

2. In the event of this disease, the patient should control the thirst and he should take the decoctions, juice, powder and pills that are effective in checking the polythepsia (i.e. frequent feeling of thirst). However, one should not take cold water to satisfy one's thirst. He should also not face cool wind. He should also avoid the *abhiṣyandi dravyas*. (*Abhiṣyandi dravyas* are those that clog the body channels by causing increase in the *kapha* and feeling of heaviness of the body.)

पादावशिष्टमम्बूष्णं शृतं वा क्षीरमल्पशः । पिबञ्जाततृषः कुर्यात् पिपासोपशमं सदा ।।३।।

3. In the event of *urustoya*, one should drink water that is boiled up to one-fourth of the original quantity. That water should be taken in small quantity only. Likewise the lukewarm cow-milk boiled in the manner prescribed in the chapter on fever should be used to satisfy the thirst.

अथ योगाः–

यावशूकयुतं वर्षाभूस्वरसं द्विसन्ध्ययोः । उरस्तोयामयी शश्वत्सेवेत यतमानसः ।।४।।

4. Take 24 gm. measure of the decoction or juice of the roots of *punarnavā*. Add to it 500-750 mg. measures of the *yavakṣāra*. Take this drug in morning and evening to get cure from the *urustoya*.

अप्युदराधिकारोक्तो रसो वै वारिशोषणः । पुनर्नवाऽष्टकक्वाथ उरस्तोयगदे हितः ।।५।।

5. The use of '*Variśoṣaṇa Rasa*' and '*Punarnavāṣṭaka Kvātha*' as prescribed in the section of *Udara Roga* is also helpful in cases of the pleurisy.

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मूत्रकृच्छ्रे च हृद्रोगे श्वासे कासेऽथ शोथके । निर्दिष्टमौषधं यद् यत्तत्तदत्रापि योजयेत् ।।६।।

6. The drugs prescribed in such diseases as the *mūtrakṛicchra*, *hṛida roga*, *śvāsa*, *kāsa* and *śotha* have been found useful also in the case of pleurisy as well.

शस्त्रक्रियाविधिः–

एवं क्रियाभिश्चेद् व्याधिर्नोपशाम्येत्कदाचन । तदा शस्त्रक्रियां कुर्याच्छस्त्रकर्मविशारदः ।।७।।
मुनिसिद्ध्योरन्तराले तथापर्वतखेटयोः । पर्शुकास्थ्नोरङ्कदिशोरपि शस्त्रं त्रिकूर्चकम् ।।८।।
रक्षन् यकृत्प्लीहदेशं प्रवेशयावहितो भृशम् । निर्हरदेखिलं नीरं तेन व्याधिर्निवर्त्तते ।।९।।

7-9. If all the above methods fail to cure surgeons skilled in surgery should be invited to operate upon the patient. The patient should be washed up properly and be laid upon a bed. After applying local anesthesia, the inter castle space between the seventh and eighth, or eight and ninth, or the ninth and tenth bone of the chest should be pierced through the *Tṛikucarka* (a sharp scalpel). Through this tool the fluid accumulated inside the chest should be removed out. However, while performing this operation, one must avoid and protect such limbs as the livers, lungs and *plīhā* (spleen).

उरस्तोयगदे वर्ज्यानि–

शीतमम्बवध्वगमनं व्यायामं मैथुनं तथा । दिवास्वापं क्रोधशोकौ जह्यादब्दं गतामयः ।।१०।।

10. Prohibitions in pleurisy - The patient should avoid taking bath in cool water, drinking cool water, excessive walking, difficult exercises, intercourse, sleeping during the day time, and the like. The patient should not mourn and should also avoid getting angry. These prohibitions should be maintained for one year even after one is cured from the diseases.

इति भैषज्यरत्नावल्यां विशिष्टरोगाधिकारउरस्तोयचिकित्साप्रकरणम् ।।८५।।
इति भैषज्यरत्नावल्यां विशिष्टरोगाधिकारे 'विद्योतिनी' नामिकायां भाषाटीकायामुरस्तोयचिकित्साप्रकरणम् ।।८५।।

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अथ बहुमूत्रचिकित्साप्रकरणम् ८६

Chapter 86
Treatment of *Bahumūtra* (Polyuria)

तन्त्रान्तरोक्तमस्य निदानम्–

स्त्रीणामतिप्रसङ्गाद्वा शोकाद्वाऽपि श्रमादपि । आभिचारिकदोषाच्च गरदोषात्तथैव च ।।१।।
आपः सर्वशरीरेभ्यः क्षुभ्यन्ति प्रस्रवन्ति च । तस्मात्ताः प्रच्युताः स्थानान्मूत्रमार्गं व्रजन्ति च ।।२।।

1-2 Owing to such reasons as excessive indulgence in sexual intercourse, mourning some mishaps, and due to malevolent practice of sorcery etc. and due to some poisonous effects the watery fluid of the body starts to disintegrate from other matters and along with blood start getting deposited in the kidney. And from kidney it goes to the urethra and subsequently to the bladder through drop by drops.

बहुमूत्रस्य लक्षणानि–

प्रसन्ना विमलाः शीता निर्गन्धा नीरुजः सिताः । स्रवन्ति चातिमात्रन्तु दौर्बल्यं गतिहीनता ।।३।।
शिरसः शिथिलत्वञ्च मुखतालुविशोषणम् । सोमरोग इति ज्ञेयो देहे सोमक्षयान्नृणाम् ।।४।।

3-4 Along with the urine, the watery properties of the body (*jalamaya dhātu*) also get channelized through the bladder. This *dhātu* is clean, dirt free, cool and without smell. It drops out without pain along with foam. By excessive discharge of this *dhātu*, man becomes weak and even unable to move. His head gets blocked. And his mouth and palate get swelled. The *dhātu* in context is also called *Soma Dhātu* and thus another name of polyuria or *bahumūtrata* is the *somaroga*.

मूत्रातिसारलक्षणम्–

सोऽतिक्रान्तः क्रमेणैव स्रवेन्मूत्रमभीक्ष्णशः । मूत्रातिसारमप्येवं तमाहुर्बलनाशनम् ।
तेन तृष्णाऽभिभूतोऽसौ जलं पिबति चाधिकम् ।।५।।

5. If neglected this *somaroga* or the like symptoms develop into the disease of excessive urine or *mūtratisāra*. The loss of water as such causes the blood to get thick. To compensate this loss one develops a tendency to drink water very frequently.

अथ बहुमूत्रचिकित्सा–

कदलीनां फलं पक्वं धात्रीफलरसं मधु । शर्करापयसा पीतमपां धारणमुत्तमम् ।।६।।

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6. To treat the *bahumūtra* or polyuria the patients should crush the pulp of one banana fruit and mix it with the juice of *āmalakī* measuring 24 gm., honey worth 12 gm., jaggery worth 24 gm. and milk about 220 m. This prepartion should be taken in small doses. It helps one to get cured of the above-mentioned diseases.

कदलीनां फलं पक्वं विदारीञ्च शतावरीम् । क्षीरेण पाययेत्प्रातरपां धारणमुत्तमम् ।।७।।

7. Obtain the pulp of one banana fruit and crush the same. Add to it 1 gm. measure each of the powders of the bulb of *vidārī* and *śatāvarī*. Take this preparation long with milk every morning. It cures the polyuria.

धात्रीफलस्य स्वरसं मधुना च पिबेत्सदा । बहुमूत्रक्षयं कुर्यात् क्षारेण वासकस्य च ।।८।।

8. Obtain 12 gm. juice of the *āmala* fruits and mix it with honey or with the alkali of *aḍuṣā*. Taking this medicine daily one gets cure from the disease *bahumūtra*.

तालकन्दश्च तरुणं खर्जूरं कदलीफलम् । पयसा पाययेत्प्रातर्मूत्रातीसारनाशनम् ।।९।।

9. Take equal parts of the roots of palm tree, the ripe and dried date fruits and banana fruits. Powder and mix all of them. Taking doses of 2 gm. during the morning hours along with jaggery cures one from the polyuria.

माषचूर्णं समधुकं विदारी शर्करा मधु । पयसा पाययेत्प्रातः सोमरोगविनाशनम् ।।१०।।

10. Take along with the powder of black gram, *madhuka*, bulb of *vidārī* and jaggery in doses of 2 gm. This drug is capable to treat the polyuria.

वराऽम्बष्ठावंशपर्णमुस्तकं च विचूर्णितम् । मध्वाज्यमिश्रितं लीढं बहुमूत्रामयापहम् ।।११।।

11. Take the powder of the *triphalā*, *pāṭhā*, leaves of the bamboo plant, and *mustaka* in doses of 2 gm.

फणिफेनप्रयोगोऽपि बहुमूत्रनिवारकः ।।१२।।

12. Taking purified opium in proper (about 62 mg.) doses is also capable to treat polyuria.

बहुमूत्ररोगजतृष्णाशमनोपायः–

तृष्णाधिक्ये प्रदातव्यं श्रृतशीतमिदं शुभम् । शारिवा मधुकं द्राक्षा दर्भः सरलचन्दने ।।१३।।
पथ्या मधूकपुष्पञ्च सर्वञ्च समभागकम् । जले संस्थाप्य रजनीं पराहे वस्त्रगालितम् ।।१४।।

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प्रोक्तं गहननाथेन सद्यस्तृष्णाहरं परम् ।।१५।।

13-15. As said above, the excessive urinating affects the form of blood and consequently one develops the signs of polythepsia, i.e. excessive thirst. To purify this condition one should take *anantamūla*, *madhuka*, *dūrvā* grass, date fruits, common wood and red sandalwood in powdered form. Mix these powders and pour 24 gm. measure of the same into water measuring 240 ml. Cover the jar containing this preparation with cloth and keep the same for overnight. Strain the watery part in the following and take small doses of the same. It removes thirst quickly. This medicine has been suggested by Gahannāthjī.

अथ रसप्रयोगाः ।

तारकेश्वरो रसः (र. सा. सं.)–

मृतसूताभ्रवङ्गञ्च मर्दयेन्मधुना दिनम् । तारकेश्वरनामाऽयं गहनानन्दभाषितः ।।१६।।
माषमात्रं लिहेत्क्षौद्रैर्बहुमूत्रप्रशान्तये । उदुम्बरफलं पक्वं चूर्णितं कर्षमात्रकम् ।
संलिह्यान्मधुना सार्द्धमनुपातं सुखावहम् ।।१७।।

16-17. Tārakeśvara Rasa:

Ingredients: *Rasa-sindūra*, *abhraka bhasma*, *vanga bhasma*, honey and fruits of *udumbara* plant.

Process of Drug-Making: Obtain *rasa-sindūra*, *abhraka bhasma* and *vanga bhasma* each measuring 12 gm. and process them through a stone mortar treating the mix with honey. Prepare pills weighing 1 gm. each and dry them.

Method of use/Administration: Take this pill along with honey. Moreover, also take the powder of the fruits of *udumbara* plant measuring 15 gm. along with honey. This medicine is known as *Tārkeśawara Rasa*. It has been suggested by Gahanāndajī.

(*Rasendra Sār Sangraha*)

गगनादिलौहम्–

गगनं त्रिफला लौहं कुटजं कटुकत्रयम् । पारदं गन्धकञ्चैव विषटङ्गणसर्ज्जिकाः ।।१८।।
त्वगेला तेजपत्रञ्च वङ्गं जीरकयुग्मकम् । एतानि समभागानि श्लक्ष्णचूर्णानि कारयेत् ।।१९।।
तदर्धं चित्रकं चूर्णं माषार्द्धं मधुना लिहेत् । अवश्यं विनिहन्त्याशु मूत्रातीसारसोमकम् ।।२०।।

18-20. Gaganādi Lauham:

Ingredients: *Abhraka bhasma*, *triphalā*, *lauha bhasma*, bark of plant *kuṭaja*, dried ginger, black pepper, purified mercury, purified sulphur, purified

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vatsanābha, purified borax, *svarjikṣāra*, black variety of cumin seeds, smaller cardamom, cassia leaves, *vanga bhasma*, white variety of cumin seeds, roots of plant *citraka* and honey.

Process of Drug-Making: Take 12 gm. measure each of the powders of *abhraka bhasma*, *triphalā*, *lauha bhasma*, bark of plant *kuṭaja*, dried ginger, black pepper, purified mercury, purified sulphur, purified *vatsanābha*, purified borax, *svarjikṣāra*, black variety of cumin seeds, smaller cardamom, cassia leaves, *vanga bhasma*, white variety of cumin seeds. Take 6 gm. worth powder of the roots of plant *citraka*. First of all prepare *kajjalī* out of the *pārada* and *gandhaka*. Mix all the above materials into it and properly and triturate the mix.

Method of use/Administration: Take this drug along with 500 mg. of honey.

Therapeutic benefits: It gives relief from *mūtra atisāra* as well as *somaroga*.

तालकेश्वरो रसः (र. सा. सं.)–

तालं सूतं समं गन्धं मृतलौहाभ्रवङ्गकम् । मर्द्दयेन्मधुना चैव रसोऽयं तालकेश्वरः ।।२१।।
माषमात्रं लिहेत्क्षौद्रैर्बहुमूत्रप्रशान्तये । उदुम्बरफलं पक्वं चूर्णितं कर्षमानतः ।।२२।।
संलेह्यं मधुना सार्द्धमनुपानं सुखावहम् ।।२३।।

21-23. Tālakeśvara Rasa (Another Recipe):

Ingredients: Purified forms of *haritāla*, mercury, sulphur, *lauha bhasma*, *abhraka bhasma*, *vanga bhasma* and honey.

Process of Drug-Making: Take purified forms of the *haritāla*, mercury, sulphur, *lauha bhasma*, *abhraka bhasma* and *vanga bhasma* each measuring 12 gm.. Prepare a *kajjalī* and mix rest of the materials into it. Treat the preparation with honey and process it through a stone mortar. Dry the compound.

Method of use/Administration: This medicine should be followed by consumption of approximately 15 gm. of the powder of ripe *udumbara* fruits.

(*Rasendra Sār Sangraha*)

सोमनाथरसः–

कर्षं जारितलौहञ्च तदद्ध रसगन्धकम् । एला पत्रं निशायुग्मं जम्बूवीरणगोक्षुरम् ।।२४।।
विडङ्गं जीरकं पाठा धात्री दाडिमटङ्कणम् । चन्दनं गुग्गुलुलोध्रशालार्जुनरसाञ्जनम् ।।२५।।
छागीदुग्धेन वटिकां कारयेद्दशरक्तिकाम् । निमितो नित्यनाथेन सोमनाथरसस्त्वयम् ।।२६।।
सोमरोगं बहुविधं प्रदरं हन्ति दुर्ज्जयम् । योनिशूलं मेढ्रशूलं सर्वजं चिरकालजम् ।
बहुमूत्रं विशेषेण दुर्जयं हन्त्यसंशयम् ।।२७।।

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24-27. Somanātha Rasa:

Ingredients: Purified mercury, purified sulphur, cardamom, cassia leaves, turmeric, *dāruharidrā*, stone of *jambū* fruits, *uśīra* grass, *gokṣura*, *vāyaviḍanga*, white variety of cumin seeds, *pāṭhā*, *āmla*, pomegranate fruits, purified borax, white variety of sandalwood, purified *guggulu*, *lodhra* powder, barks of *śāla* and *arjuna* trees, *rasāñjana* and goat-milk.

Process of Drug-Making: Take 12 gm. measure each of the following: purified mercury, purified sulphur, cardamom, cassia leaves, turmeric, *dāruharidrā*, the stone of *jambū* fruits, the *uśīra* grass, *gokṣura*, *vāyaviḍanga*, white variety of cumin seeds, *pāṭhā*, *āmla*, pomegranate fruits, purified borax, white variety of sandalwood, purified *guggulu*, *lodhra* powder, barks of *śāla* and *arjuna* trees and *rasāñjana*. Prepare a *kajjalī* and mix rest of the materials into it. Process the mixture through *bhāvanā* method using goat-milk. Following this process, compound the preparation through a stone mortar and prepare pills measuring 250 mg. each. Dry it. This medicine named *Somanātha Rasa* has been suggested by Nityanāthjī.

Therapeutic benefits: This drug is capable to remove varieties of the *somaroga*, leucorrhoea, *yonika śūlas*, *medhaśūla* as well as polyuria.

सोमनाथरसः (बृहत्) (र. सा. सं.)–

हिङ्गुलसम्भवं सूतं पालिधारसमर्दितम् । रण्डाशोधितगन्धश्च तेनैव कज्जलीकृतम् ।।२८।।
मद्द्वयोर्द्विगुणं लौहं कन्यारसविमर्दितम् । अभ्रकं वङ्गकं रौप्यं खर्परं माक्षिकं तथा ।।२९।।
सुवर्णं च समं सर्वं प्रत्येकं च रसार्द्धकम् । तत्सर्वं कन्यकाद्रावैर्मर्दयेद्भावयेत्ततः ।।३०।।
भेकपर्णीरसेनैव गुञ्जाद्वयवटीं ततः । मधुना भक्षयेच्चापि सोमरोगानिवृत्तये ।।३१।।
प्रमेहान् विशतिं हन्ति बहुमूत्रं च सोमकम् । मूत्रातिसारं कृच्छ्रं च मूत्राघातं सुदारुणम् ।।३२।।
बहुदोषं बहुविधं प्रमेहं मधुसंज्ञकम् । हस्तिमेहमिक्षुमेहं लालामेहं विनाशयेत् ।।३३।।
वातिकं पौत्तिकं चैव श्लैष्मिकं सोमसंज्ञकम् । नाशयेद्बहुमूत्रं च प्रमेहमविकल्पतः ।।३४।।

28-34. Somanātha Rasa (Major Variety):

Ingredients: *Hiñgula*-generated mercury, juice of *neem* leaves, sulphur purified through the juice of *mūṣāka parṇī*, *lauha bhasma*, juice of *kanyā* plant, *bhasmas* of *abhraka*, *vanga*, *rajata*, *kharpara*, *svarṇamākṣika* and *suvarṇa*, juice of *maṇḍukaparṇī* and honey.

Process of Drug-Making: Triturate the *hiñgula*-generated mercury along with the juice of *neem* leaves. Also take equal amount sulphur purified through the juice of *mūṣāka parṇī*. Prepare *kajjalī* out of them and obtain double amount of the

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lauha bhasma churned along with the juice of *kanyā* plant. Take *bhasmas* of *abhraka*, *vanga rajata*, *kharpara*, *svarṇamākṣika* and *suvarṇa* each measuring half of the amount of mercury taken above. Collect and mix all of these and churn the mixture along with the juice of plant *kanyā*. Process the preparation through *bhāvanā* method using the juice of *manḍukaparṇī*. Prepare pills weighing 250 mg. each.

Method of use/Administration: Take one pill along with honey.

Discussion- The above medicine should be taken in doses of half to 190 mg. Taking 125 mg. dose of it along with the powder of bigger variety of cardamom, 6 gm. of honey and 1 gm. of *puṣyānuga* powder cures *somaroga*.

Therapeutic benefits: This medicine is capable to cure the *somaroga*, 20 typed of *prameha*, polyuria, *mūtra atisāra*, *mūtrakṛicchra*, severe type of *mūtra ghāta*, *prameha* (i.e. urinary disorders including diabetes), *hastimeha*, *ikṣumeha* as well as the *somaroga* caused due to disorder in *vāta*, *pitta* and *kapha doṣas*.

(*Rasendra Sār Sangraha*)

बहुमूत्रान्तकरसः–

रसश्च शाल्मलीमूलचूर्णं कदलीमूलजम् । उदुम्बरबीजचूर्णं लौहो वङ्गश्च विद्रुमम् ।।३५।।
मुक्ताहिफेनसारौ च प्रत्येकं समभागिकम् । मर्द्दयेन्मालतीपुष्परसेन कुशलो भिषक् ।।३६।।
रक्तिद्वयमितां कुर्याद्वटिकामतिशोभनाम् । बहुमूत्रान्तको नाम रसः परमशोभनः ।।३७।।
मधुमेहं सोमरोगं हन्ति भास्वान् यथा तमः ।।३८।।

35-38. Bahumūtrāntaka Rasa:

Ingredients: *Rasa sindūra*, roots of the silk-cotton tree, trunk of banana tree, seeds of the *udumbara* plant, *lauha bhasma*, *vanga bhasma*, *pravāla bhasma*, *muktā bhasma*, purified opium and juice of jasmine flowers.

Process of Drug-Making: Take 12 gm. measure each of *rasa sindūra*, roots of the silk-cotton tree, trunk of banana tree, seeds of the *udumbara* plant, *lauha bhasma*, *vanga bhasma*, *pravāla bhasma*, *muktā bhasma* and purified opium. Prepare a fine powder out of the mixture of all of the above and treat the preparation through the juice of jasmine flowers using the *bhāvanā* method. Prepare pills weighing 250 mg. out of them.

Therapeutic benefits: This *Bahumūtrāntaka Rasa* removes the diseases *madhumeha* and *somaroga* as effectively as sun removes the darkness.

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बहुमूत्रान्तकरसः (अपरः)–

सिन्दूरञ्च तथा लौहो वङ्गाहिफेनसारकौ । उदुम्बरभवं बीजं बिल्वमूलं सुरप्रिया ।।३९।।
सर्वं समं जन्तुफलस्वरसैर्मर्दितं भवेत् । रक्तिद्वयमितां खादेद्वटिकामनुपानतः ।।४०।।
दद्यादौदुम्बरफलरसं पथ्यविधिं शृणु । मांसप्रधानं भक्ष्यञ्च तथा गोधूमपिष्टकम् ।।४१।।
बहूमूत्रान्तकरसो नाशयेदविकल्पतः । बहुमूत्रं तथा चान्यान् रोगांश्चैव तदुद्भवान् ।।४२।।

39-42. Bahumūtrāntaka Rasa (Another recipe):

Ingredients: *Rasa sindūra*, *lauha bhasma*, *vanga bhasma*, purified opium, seeds of *udumbara* plant, bark of the roots of *bilva* tree and *surapriyā*, juice of *udumbara* fruits and honey.

Process of Drug-Making: Take 12 gm. each of the powder of following materials: *rasa sindūra*, *lauha bhasma*, *vanga bhasma*, purified opium, the seeds of *udumbara* plant, the bark of the roots of *bilva* tree and *surapriyā*. Prepare a fine powder of the mix and process the same through a mortar along with 12 gm. measure of the juice of *udumbara* fruits and honey.

Method of use/Administration: When feeling hungry the patient should be served with meat, meat-soup, *kalka* of wheat, milk and the like.

Therapeutic benefits: This medicine cures polyuria and other related diseases.

हेमनाथरसः–

सूतं गन्धं हेम ताप्यं प्रत्येकं कालसम्मितम् । अयश्चन्द्रं प्रवालञ्च वङ्गञ्चार्द्धं विनिक्षिपेत् ।।४३।।
फणिफेनस्य तोयेन कदलीकुसुमेन च । उदुम्बररसेनापि सप्तधा परिमर्दयेत् ।।४४।।
वल्लमात्रां वट्टीं खादेद् यथाव्याध्यनुपानतः । प्रमेहान् विंशतिं हन्ति बहुमूत्रं सुदारुणम् ।।४५।।
सोमरोगं क्षयञ्चैव श्वासं कासमुराक्षतम् । हेमनाथरसो नाम्ना कृष्णात्रेयेण भाषितः ।।४६।।
रसगन्धकयोः स्थाने षडगुणवलिजारितः । नियोजितो भवेन्नृणां विशेषफलदायकः ।।४७।।

43-47. Hemanātha Rasa:

Ingredients: Purified mercury, sulphur, *suvarṇa bhasma*, *suvarṇa mākṣika bhasma*, *lauha bhasma*, camphor, *pravāla bhasma*, *vanga bhasma*, water, *ahiphena*, juice of leaves of banana and *udumbara* trees.

Process of Drug-Making: Take 500 mg. measure each of purified mercury and sulphur, the *suvarṇa bhasma* and *suvarṇa mākṣika bhasma*. Take 3 gm. measure each of *lauha bhasma*, camphor, *pravāla bhasma* and *vanga bhasma*. Prepare a *kajjalī* and mix rest of the materials in powdered form into it and triturate the same. Treat the above preparation with *bhāvanā* process using water (60 gm. in measure) treated with 3 gm. measure of *ahiphena*. The *bhāvanā* process

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should be repeated for seven consecutive times. Following this take juice of leaves of banana and *udumbara* trees (or with the decoction of the bark of *udumbara* plant) and treat the preparation through *bhāvanā* process again for seven times (with each of the liquids separately). Finally prepare pills weighing 375 mg. each and dry them.

Use of thoroughly purified *rasa-sindūra* in place of the juice and sulphur suggested above has been noted as more beneficial.

Therapeutic benefits: This medicine, prescribed by Kṛiṣṇātraya if taken along with different *anupānas* (like *ghṛitam*, milk and honey) can cure one from 20 types of polyuria, *somaroga*, consumption, bronchitis, breathing troubles and *urūkṣata*.

वसन्तकुसुमाकरो रसः–

वैक्रान्तस्य च भागैकं द्विभागं हेमभस्मनः । अभ्रकस्य च भागौ द्वौ मुक्ताविद्रुमयोस्तथा ।।४८।।
वङ्गभस्म त्रिभागं स्याद् रसस्य भस्मनस्तथा । चत्वारोऽस्य च भागाश्च सर्वमेकत्र मर्द्दितम् ।।४९।।
जम्बीराद्भिश्च गोदुग्धैरुशीरोद्भववारिभिः । वृषद्रवैरिक्षुनीरैः सप्तधा भावयेत्पृथक् ।।५०।।
भावितो रसराजः स्याद् वसन्तकुसुमाकरः । वल्लोऽस्य मधुना लीढः सोमरोगं क्षयं नयेत् ।।५१।।
ध्वजभङ्गं शुक्रमेहं मेहांश्च बहुमूत्रकम् । तृष्णां दाहं तालुशोषं नाशयेन्नात्र संशयः ।।५२।।
बल्यः पुष्टिकरो वृष्यः सर्वरोगनिबर्हणः । हन्त्यजीर्णं ज्वरं श्वासं क्षयरोगं कृशाङ्गताम् ।
नातः परतरं किञ्चिद्रसायनमिहेष्यते ।।५३।।

48-53. Vasanta Kusumākara Rasa:

Ingredients: *Vaikrānta bhasma*, *svarṇa bhasma*, *abhraka bhasma*, *muktā bhasma*, *vidruma bhasma*, *vanga bhasma*, *rasa-sindūra*, juice of *jambīra* lemon, cow-milk, decoction of *uśīra* grass, decoction of *aḍuṣā* and juice of sugarcane.

Process of Drug-Making: Take *vaikrānta bhasma* measuring 12 gm., 24 gm. each of the *svarṇa bhasma*, *abhraka bhasma*, *muktā bhasma* and *vidruma bhasma*, 36 gm. measure of *vanga bhasma* and 48 gm. of *rasa-sindūra* and mixing all of them together prepare a fine powder out of it. Process this mixture through the *bhāvanā* method for seven times using the juice of *jambīra* lemon, cow-milk, the decoction of *uśīra* grass, the decoction of *aḍuṣā* as well as the juice of sugar cane separately. Prepare pills weighing 375 mg. each and dry them. This medicine is called *Vasanta Kusumākara Rasa*.

Therapeutic benefits: Taking this medicine along with milk removes such diseases as the *somaroga*, *dhvajabhanga*, *śukra meha*, *prameha*, *bahumūtra*, *tṛiṣṇā* (excessive thirst) burning sensation and inflation of the palate. This drug is

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capable to treat all kinds of diseases. It promotes strength and stamina. It treats indigestion, fever, bronchitis, tuberculosis and weakness of the body. One can suggest that no drug is superior to this medicine in quality.

कस्तूरीमोदकः (र. सा. सं.)–

कस्तूरी वनिता क्षुद्रा त्रिफला जीरकद्वयम् । एलाबीजं त्वचं यष्टिमधुकं मिषिबालकम् ।।५४।।
शतपुष्पोत्पलं धात्री मुस्तकं भद्रसंज्ञकम् । कदलीनां फलं पक्वं खर्जूरमसितं तिलम् ।।५५।।
कोकिलाक्षस्य बीजं च माषमात्रं समं समम् । यावन्त्येतानि चूर्णानि द्विगुणा सितशर्करा ।।५६।।
धात्रीरसेन पयसा कूष्माण्डस्वरसेन च । विपचेत्पाकविद्वैद्यो मन्दमन्देन वह्निना ।।५७।।
अवतार्य सुशीते च यथालाभं विनिक्षिपेत् । अक्षमात्रं प्रयुञ्जीत सर्वमेहप्रशान्तये ।।५८।।
वातिकं पैत्तिकं चैव श्लैष्मिकं सांनिपातिकम् । सोमरोगं बहुविधं मूत्रातीसारमुल्वणम् ।।५९।।
मूत्रकृच्छ्रं निहन्त्याशु मूत्राघातं तथाऽश्मरीम् । ग्रहणीं पाण्डुरोगं च कामलां कुम्भकामलाम् ।।६०।।
वृष्यो बलकरो हृद्यः शुक्रवृद्धिकरः परः । कस्तूरीमोदकश्चायं चरकेण च भाषितः ।।६१।।

54-61. Kastūrī Modaka:

Ingredients: *Kastūrī*, *priyangu*, *kṣudra*, *triphalā*, black variety of cumin seeds, white variety of cumin seeds, seeds of smaller cardamom, *yaṣṭimadhuka*, aniseeds, *sugandhabālā*, *dhātrī*, *mustkam*, cinnamon bark, *bhadra*, ripe banana fruit, date fruit, black sesame, seeds of *kokilākṣa*, clarified sugar, milk, juice of ash-pumpkin and *āmla* fruits.

Process of Drug-Making: Take 1 gm. each of *kastūrī*, *priyangu*, *kṣudra*, *triphalā*, black variety of cumin seeds, white variety of cumin seeds, seeds of smaller cardamom, *yaṣṭimadhuka*, aniseeds, *sugandhabālā*, *dhātrī*, *mustkam*, cinnamon bark, *bhadra*, ripe banana fruit, date fruit, black sesame and seeds of *kokilākṣa*. Mix all of the above drugs together save the *kastūrī*. Obtain the clarified sugar equal to the combined weight of the above and also arrange milk, the juice of ash-pumpkin and the *āmla* fruits each weighing four times of the combined amount of the above drugs. Mix all of these materials and cook the same on a slow heat. When the preparation gets cold mix saved *kastūrī* into it in powdered form. Prepare pills weighing 12 gm. each.

If the medicine is treated with dried milk and fried with *ghṛitam*, it would last a longer period.

Method of use/Administration: This medicine should be taken in doses of 3-6 gm.

Therapeutic benefits: By taking this medicine, all kinds of *prameha* are treated effectively. This drug is also capable to remove many kinds of the

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somaroga, polyuria, stone, jaundice, anemia, *grahaṇī* and the like. This medicine promotes the vigour, and strength of the body. This is helpful to heart also. This medicine is known as *Kastūrī Modaka*. It has been prescribed by the God Caraka himself.

(*Rasendra Sār Sangraha*)

धात्रीघृतम् (बृहत्)–

धात्रीफलरसप्रस्थं विदारीस्वरसं तथा । क्षीरस्यापि शतावर्य्याःप्रस्थं प्रस्थं रसस्य च ।।६२।।
तृणपञ्चरसप्रस्थं दत्त्वा प्रस्थं घृतस्य च । पचेन्मृद्वग्निना वैद्यः पाकं ज्ञात्वा विधानतः ।।६३।।
एलालवङ्गत्रिफलाकपित्थफलमेव च । सजलं सरलं मांसी कदलीकन्दमेव च ।।६४।।
उत्पलस्य च कन्दानिकल्कं दत्त्वा विचक्षणः । ततः कल्कं परिस्राव्य चूर्णं दद्यात्पलं पलम् ।।६५।।
मधुकं त्रिवृता चैव क्षारकं वृद्धदारकम् । शर्करायाः पलान्यष्टौ मधुनश्च पलाष्टकम् ।।६६।।
चूर्णं दत्त्वा समुथितं स्निग्धमाण्डे निधापयेत् । सोमरोगं निहन्त्याशु तृष्णादाहमरोचकम् ।।६७।।
मूत्राघातं मूत्रकृच्छ्रं नाशयेद् बहुमूत्रकम् । पित्तजान् विविधान् व्याधीन् वातजांश्च सुदारुणान् ।।६८।।
करोति शुक्रोपचयं बलवर्णकरं परम् । नानारूपविकारघ्नं विशेषाद् बहुमूत्रनुत् ।।६९।।

62-69. Dhātrī Ghṛitam (Major Variety):

Ingredients: Juice of *āmla* fruits, juice of bulbs of *vidārī*, milk, juice of *śatāvarī*, decoction of *tṛiṇa pañcamūla*, water, *tṛiphalā*, cardamom, clove, dried ripe fruits of *kapittha* plant, *sugandhabālā*, *mānsī*, *saralkāṣṭha*, roots of banana tree, *nīlakamal* plant, *madhuka*, *tṛivṛit*, *vṛiddhadāraka*, jaggery and honey.

Process of Drug-Making: Take 750 ml. measure of juice of *āmla* fruits, juice of bulbs of *vidārī*, milk, juice of *śatāvarī*, decoction of *tṛiṇa pañcamūla* and obtain 3.20 litres. measure of water. Also take 24 gm. measure each of *tṛiphalā*, cardamom, clove and the dried ripe fruits of *kapittha* plant, *sugandhabālā*, *mānsī*, *saralkāṣṭha*, roots of banana tree and *nīlakamal* plant. Prepare a *kalka* of all of these herbs and boil it along with the above liquids. Add to the preparation, the herbs *madhuka*, *tṛivṛit*, *vṛiddhadāraka* each weighing 48 gm.. Finally, add to the preparation 384 gm. of jaggery and honey. Keep the drug into a pot that is coated with *ghṛitam* from inside.

Therapeutic benefits: This medicated *ghṛitam* is capable to treat various kinds of diseases including *somaroga*, excessive thirst, *mūtraghāta*, anorexia, *mūtrakṛicchra*, and polyuria and the like. This drug promotes the energy and stamina of the body as well.

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धात्रीघृतम् (स्वल्पम्)–

विना कल्कं स्वल्पधात्रीघृतमेतन्निगद्यते । सर्वं तुल्यं गुणेनैव पथ्यापथ्यं तदेव हि ।।७०।।

70. Dhātrī Ghṛitam (Minor Variety):

If the *kalka* employed in the above medicine is not used and the rest of above drugs are cooked then it becomes the minor variety of the *Dhātrī Ghṛitam*. This medicine is also as effective as the above. The dietary regulation connected with the above medicine is applicable to this minor variety of *Dhātrī Ghṛitam* as well.

कदल्यादिघृतम्–

कदलीकन्दनिर्यासे तत्प्रसूनतुलां पचेत् । चतुर्भागावशेषेऽस्मिन् घृतप्रस्थं विपाचयेत् ।।७१।।
चन्दनं सरलं मांसी कदलीमूलकं तथा । एलालवङ्गत्रिफलाकपित्थफलमेव च ।।७२।।
औदकानि च कन्दानि न्यग्रोधादिगणस्तथा । कल्केनानेन संसिद्धं सोमरोगनिकृन्तनम् ।।७३।।
मूत्ररोगानशेषांश्च प्रभूताञ्छुक्रपिच्छिलान् । प्रमेहान् विंशतिञ्चैव मूत्राघातांस्त्रयोदश ।।७४।।
बहुमूत्रं विशेषेण मूत्रकृच्छ्रं तथाऽश्मरीम् । पीतं घृतं निहन्त्याशु विष्णुचक्रमिवासुरान् ।।७५।।
कदल्यादिघृतं नाम विष्णुना परिकीर्त्तितम् ।।७६।।

71-76.Kadalyādi Ghṛitam:

Ingredients: Flowers of banana plant, juice of roots of the same tree, *mūrcchita* cow-*ghṛitam*, *kalka* of the white variety of sandalwood, *saralkāṣṭha*, *mānsī*, smaller cardamom, clove, *triphalā*, fruits of *kapittha* tree and herbs of *nyagrodhādi* group like the roots of white lotus flowers, etc.

Process of Drug-Making: Obtain 4800 gm. measure of the flowers of banana plant and prepare a *kalka* of it. Pour this *kalka* to an equal amount of the juice of roots of the same tree. Add to the recipe 1200 ml. measure of *mūrcchita* cow-*ghṛitam*, a *kalka* measuring about 250 *gms*. of the white variety of sandalwood, *saralkāṣṭha*, *mānsī*, smaller cardamom, clove, *triphalā*, fruits of *kapittha* tree and the herbs of *nyagrodhādi* group like the roots of white lotus flowers, etc. (each taken in equal parts). Cook this preparation and strain the liquid. This is *Kadalyādi Ghṛitam*. It has been suggested by God Viṣnu himself.

Method of use/Administration: A dose of 6 gm. along with milk is enough.

Therapeutic benefits: It cures one from the *somaroga*, all varieties of urinary problems, speromatorrhaea, other kinds of *prameha* and the like. These diseases are removed through this medicine as effectively as the disc of God Viṣnu removes the heads of demons.

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न्यग्रोधादिगणः–

न्यग्रोधोदुम्बराश्वत्थप्रियालप्लक्षवेतसम् । आम्रो जम्बूद्वयं कोलं मधूकं तिन्दुकोऽर्जुनः ।।
तिल्वकः कटुको नीपो गर्दभाण्डोऽथ किंशुकः ।।७७।।

77. Nyagrodhādi Gaṇa:

The herbs of *nyagrodhādi* group include banyan, *udumbara*, *pippalī*, *piyāla*, *plākṣa*, *vetas*, *jambū*, mango, berry, *madhuka*, *arjuna*, *tinduka*, *lodhra*, *kuṭaja*, *kadamba*, *śirīṣa*, and *kinśuka* trees.

इति भैषज्यरत्नावल्यां विशिष्टरोगाधिकारे बहुमूत्रचिकित्साप्रकरणम् ।।८६।।
इति भैषज्यरत्नावल्यां विशिष्टरोगाधिकारे 'विद्योतिनी'-नामिकायां भाषाटीकायां बहुमूत्रचिकित्साप्रकरणम् ।।८६।।

End of the Chapter 86 of Bhaiṣajya Ratnāvalī with Commentary

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अथ सोमरोगमूत्रातिसारचिकित्साप्रकरणम् ८७

Chapter 87

Soma Roga Mūtra Atisāra

सोमरोगमूत्रातिसारयोर्निदानम्–

विलासशीलता चाह्नि निद्रा चाधिकनिद्रता । अव्यायामो व्यवायश्च नियमेन पुरे स्थितिः ।।१।।
अतिचिन्ता दुष्टनीरं गुर्वभिष्यन्दि भोजनम् । मद्यं वैगावरोधश्च गरदोषो भयं शुचा ।।२।।
आभिचारिकदोषश्च परिचर्या च रोगिणाम् । मर्माभिघातो यकृतः स्नायूनामपि वैकृतिः ।।३।।
चिरमेकविधे चेतोव्यापारे मनसः स्थितिः । उष्णाभितप्तवपुषः सद्यः शीतनिषेवणम् ।।४।।
आपःसर्वतनुव्याप्ताःक्षुभिताःसंस्रवन्त्यलम् । प्रचयुताः स्थानतस्तास्तु मूत्रवर्त्म प्रत्यान्त्यपि ।।५।।

Excessive discharge of urine

1-5. The *soma roga* or excessive passing of urine is a disease that is caused due to the following reasons: to be sensual in habits, sleeping during the day time, excessive sleep, not doing physical exercises, excessive sexual intercourse, regular stay in the cities, excessive worry, using polluted water, eating of the heavy meals that are not easily digestible, drinking liquor, holding the call of nature, facing some poisonous effects, fear, sorrow, sorcerical implications, attending the diseased, injury to the soft part of body, ailments of liver and *snāyu* (ligament or nerves) performing monotonous activities for long periods, making the body cool all of a sudden after facing heat and warmth and the like. These factors agitate the water content of the body and the water gets disintegrated from its original place and takes the root of urine.

सोमरोगस्य लक्षणानि–

सिताः शीता गन्धरुजाऽपेता अच्छाः सिताऽन्विताः । दुर्गन्धास्तनुदाहाश्च बहुशः प्रस्रवन्ति च ।।६।।
चतुःप्रस्थोन्मितं मूत्रं स्रवन्तीहैकवासरे । अधोघनमुपर्यच्छं तच्च पर्युषितं निशि ।।७।।
सकण्डूतिस्तु पिडका चाधिमेढ्रं प्रजायते । मूत्राध्वन्यथवा दुष्टक्षतो वा चर्मसंक्षयः ।।८।।
येनामयीसमधिकंदुःखंविन्दति सर्वदा । अङ्गदाहस्तृषा तीव्रा जिह्वा शुष्का सकण्टका ।।९।।
वह्नेर्मान्द्यंतीक्ष्णताचरूक्षाचापित्वचाभवेत् । कृशता गाढविट्कत्वं नयने म्लानता तथा ।।१०।।
पेशीनांकोमलत्वं च शैथिल्यं मूर्द्धघूर्णनम् । अलसत्वं च संकोचो हृदयस्य बलक्षयः ।।११।।
अप्रहर्षोऽपि च स्त्रीषु मैथुनाक्षमता तथा । उद्वेगोऽप्यरतिः सर्वकृत्येषु म्लानता मुखे ।।१२।।
तालुसोषोऽपि च भृशं मेदसश्च परिक्षयः । इति सोमक्षयोद्भूतसोमरोगस्य लक्षणम् ।।१३।।

6-13. The above factors lead to a situation when patient starts passing excessive urine with a little burning sensation. The colour of this urine is clear. It

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is clean and is without any smell or pain. The amount of urine thus passed in a day may be as much as 3 litres. If the urine is kept at a jar for overnight it appears solid at the bottom and clean at the top levels. There appears some boil above the genital organ as well. It itches a little. The bark in the channel of urine gets destroyed and the patient becomes very unhappy. He feels burning sensation and severe thirst while his tongue remains dried and seems to have some thorns. The digestive power of the patient becomes unstable making it very strong as well as weak alternatively. The skin of his body becomes dried. The patient become weak, he passes consolidated stools and feels weakness in eye-sight. The fat in his body appears to loose and he feels giddiness, laziness and weakness. He does not feel any charm in indulging in intercourses with the females. His face becomes pale and his fat starts loosing. These are the symptoms of the loss of *soma dhātu* of the body.

मूत्रातिसारलक्षणम्–

तदुपेक्षयाऽतिवृद्धे तस्मिन्मूत्रं स्रवेन्मुहुः । मूत्रातिसारं तं प्राहुर्नितान्तं बलकृन्तनम् ।।१४।।
ततस्तृष्णाकुलो रोगी जलं पिबति चासकृत् । यत्पीतं तु जलं तद्धि मूत्रमार्गेण निःसरेत् ।।१५।।

14-15. When the above *soma roga* is neglected, it develops into the indisposition of polyuria, i.e. *Mūtra Atisāra*. This indisposition destroys strength of the body. After this the patient feels severe thirst and drinks water every now and then. However, the amount of water he takes soon passes through his urine.

मूत्रातिसारोपद्रवाः–

मूर्च्छाऽभिन्यासवीसर्पप्रलापाश्च क्षतक्षयौ । दुष्टव्रणादयो रोगा उपद्रवतया बुधैः ।।१६।।
एतैरुपेतस्तु गदी प्रायो मृत्युं प्रयाति हि । अस्योत्पत्तौ च कोपेऽपि ग्रीष्मर्त्तुसमयः स्मृतः ।।१७।।
जातु चित् समये शीते वा जायेत स दारुणः ।।१८।।

16-18. Other symptoms of the disease include fainting, *abhinyāsa*, *visarpa*, injury, painful wounds and the like. This disease generally appears in the winters sometimes.

मधुमेहलक्षणम्–

निमित्तैर्बहुमूत्रौक्तैर्मधुमेहोऽपि जायते । माधुर्यात्तत्र तन्मूत्रं लिहन्ति हि पिपीलिकाः ।।१९।।

19. Owing to the excessive urine this indisposition leads to *prameha* (i.e. urinary disorders including diabetes). His urine manifests content of sugar and the ants start licking the same.

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हिमांशुरसः (र. र. स.)–

रसस्य कर्षमादाय खल्ले निक्षिप्य बुद्धिमान् । रक्तागस्त्यप्रसूनस्य स्वरसेन विमर्द्दयेत् ।।२०।।
सप्तवारं तथा साधु श्वेतदूर्वारसेन च । निष्कद्वयं टङ्कणञ्च कर्षं खदिरसारतः ।।२१।।
कर्पूरं रसतुल्यं च सर्वमेकत्र मर्दयेत् । यावच्चिक्कणतां याति युक्तया चन्दनवारिणा ।।२२।।
हरेणुमात्रान् वटकाञ्छायायां परिशोषितान् । प्रातः प्रातश्च सेवेत मध्याह्ने च यथाविधि ।।२३।।
निशायाश्च बिशेषेण सेवनीयाः प्रयत्नतः । अनुपाने प्रयोक्तव्यं मधुकं माक्षिकं तथा ।।२४।।
एतद्धि मेहनुद्धव्यं मुखशोषहरं तथा । सोमरोगहरं सर्वपिडकानाशनं परम् ।।२५।।

20-25. Himanśu Rasa:

Ingredients: *Rasa sindūra*, juice of red variety of *agastya* flowers, juice of *dūrvā* grass, purified borax, *khadirsāra*, camphor and decoction of sandalwood.

Process of Drug-Making: Take 12 gm. of *rasa sindūra* and process it through *bhāvanā* method using the juice of red variety of *agastya* flowers as well as the juice of *dūrvā* grass separately. Take purified borax measuring two *niṣkas*, *khadirsāra* and camphor measuring 12 gm. each. Treat them with the decoction of sandalwood thoroughly and process them through a hand mortar. Prepare pills about the shape of peas and dry them under shadow.

Method of use/Administration: This drug should be taken in the morning, noon as well as in the evening every day along with honey or *madhuyaṣṭī*.

Therapeutic benefits: This medicine checks the polyuria and controls the *soma roga* and related ailments.

(*Ra. Ra. Sa.*)

बहुमूत्राधिकारोक्तं तथा मेहाधिकारगम् । चिकित्साक्रममेतस्मिन्नामनन्ति भिषग्वराः ।।२६।।
यथादोषं यथावस्थं यथाकालं समीक्ष्य च । स्वर्णवङ्गं सोमनाथो हेमनाथः शिलाजतु ।।२७।।
वसन्ततिलकः किंवा वसन्तकुसुमाकरः । एवंविधा रसाश्चान्ये कदल्यादिघृत तथा ।।२८।।
धात्रीघृतादिकं तैलं प्रमेहमिहिरभिधम् । एवमादीन्यौषधानि प्रयोज्यानि विशेषतः ।।२९।।

26-29. In cases of the *soma roga*, the wise physicians snuggest to apply the prescription narrated in the section related to *Prameha* and *Bahumūtra*. The patient could be served particularly with the medicines like the *Svarṇalavanga*, *Somanāth*, *Hemanāth*, *Śilāyatu*, *Vasanta Tilak*, *Vasanta Kusumākara Rasa*, *Kadalyādi Ghṛitam*, the *Dhātrī Ghṛitādika Taila* and the *Prameha Mihira Taila*, depending on the condition of the disease and the patient.

बहुमूत्रसोमरोगमूत्रातिसारादिषु पथ्यापथ्यानि–

पललं यवगोधूमा दुग्धमुद्धृतसारकम् । रम्भाफलादिकं चैव भोज्यान्येवंविधानि च ।।३०।।

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व्यायामोऽपि च भ्रमणं पादत्रच्छत्रवर्जितम् । एतत्सर्वं सोमरोगे तथा मूत्रातिसारके ।।३१।।
बहुमूत्रेऽपि च पोरक्तं भिषग्भिर्हितमुत्तमम् ।।३२।।

30-32. The *pathyās* or helpful diets in this disease include meat, barley, wheat, the fat less meat and the *rambhā* fruits. Moreover it is beneficial to take physical exercises, moving without footwears and umbrella in the diseases connected with the excessive discharge of urine.

जलपानं समधिकं फलं चामं सुखासनम् । गुडादिकेक्षुविकृतिर्भयं क्रोधः शुचा तथा ।।३३।।
सोमरोगे तथा मूत्रातिसारे बहुमूत्रके । इत्यपथ्यतया हेयं निर्दिष्टं भिष्जां वरैः ।।३४।।

33-34. The excessive intake of water, unripe fruits, sugarcane and similar items that contains sugar are prohibited in the disease. Besides, the patient should avoid condition of fear, sorrow, anger, etc.

इति भैषज्यरत्नावल्यां विशिष्टरोगाधिकारे सोमरोगमूत्रातिसारचिकित्साप्रकरणम् ।।८७।।
इति भैषज्यरत्नावल्यां विशिष्टरोगाधिकारे 'विद्योतिनी' नामिकायां भाषाटीकायां सोमरोगमूत्रातिसारचिकित्साप्रकरणम् ।।८७।।

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अथ शुक्रमेहचिकित्साप्रकरणम् ८८

Chapter 88
Spermatorrhea

असंयतात्मा योऽवैधं रेतसः कुरुते व्ययम् । शुक्रमेहो गदस्तस्य जायते दारुणो भृशम् ।।१।।

1. The individual who does not control his desires and indulges in unnatural sexual intercourse loses his vital strength and semen. This finally develops into fatal diseases like the tuberculosis and the disease called *śukrameha*, i.e. *spermatorrhea*.

शुक्रमेहस्य कारणानि–

पूयमेहाजीर्णतो वाऽव्यायामाद् विड्विबन्धतः । भोज्यादीनां तथा रात्रावतिमात्राशनादपि ।।२।।
हयहस्त्युष्ट्रयानैश्च व्यायामेऽम्बरघर्षणैः । शुक्रस्य क्षरणं प्रायः पुंसां समुपजायते ।।३।।

2-3. Because of the above, and also because of indigestion, loss of physical exercises and constipation, and because of taking heavy meals in dinners, because of riding elephants, horses and camels, exercises that cause rubbing on male genital organs individual gets the disease *śukrameha*.

शुक्रमेहस्य लक्षणम्–

विड्मूषाधिकवेगेन किंवा कामस्य वेगतः । स्त्रीणां दर्शनतः स्पर्शात्समरणाद्रेतसः क्षयः ।।४।।
स्त्रीसङ्गमस्यानुभवान्निद्रायां वाऽपि तद् भवेत् । विकृद्धेऽस्मिन्गदे पुंसस्तन्द्रावस्थां गतस्य हि ।।५।।
अनायासेन शयने शिथिलेऽपि च शेफसि । शश्वद्रेतःक्षयादन्ते ध्वजभङ्गोऽपि जायते ।।६।।

4-6. The symptoms of this disease include the easy discharge of semen with slight sexual excitement even due to emotion, dreams, memory and the like. Because of putting pressure on stomach while trying to pass constipated stools, because of retaining the urge of passing urine and stool this disease can also manifest. In this disease individual discharges semen even while his organ is not erected. This condition is also called '*rātrimeha*'. A prolonged condition of this disease can also result in the disease this called *Dhvajabhanga* (a kind of impotency).

ततः स्मरोन्मत्तवराङ्गनानांसदर्पसंमर्दनशक्त्यभावात् ।
श्लथध्वजोऽतीव विषण्णचेतामृत्युं वरं मन्यत एव रोगी ।।७।।

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7. In condition of the *śukrameha*, a male is unable to indulge properly in sexual intercourse. He discharge semen at a very early stage. It irritates his partner greatly and the male feels depressed. This condition can even lead to committing suicide by the patient.

शुक्रमेहस्योपद्रवाः–

त्रिकप्रदेशेऽतिरुजा विड्विबन्धोऽग्निमन्दता । ध्वजभङ्गो गदोद्वेगः प्रतिश्यायोऽक्षिनीलिमा ।।८।।
दृग्दौर्बल्यमजीर्णं च शिरोघूर्णनमेव च । अतिसारोऽरतिर्यक्ष्मा कासो ग्लानिर्विशेषतः ।
उपद्रवा इमे प्रोक्ताः शुक्रमेहाभिधे गदे ।।९।।

8-9. The implications of *śukrameha* includes a severe pain in the back, constipation, indigestion, impotency, the imaginary disease called *gadodvega*, appearance of black patches around the eyes, a weak eye sight, giddiness, dysentery, tuberculosis, bronchitis, and the like. The patient is unable to take interest in any work and is generally very depressed.

शुक्रमेहस्य चिकित्सा–

आदौ संशोधनं श्रेष्ठं शुक्रमेहे विशेषतः । अन्नपानौषधं सेव्यं धातुपुष्टिकरं च यत् ।।१०।।
सर्वदा सर्वथा कार्या शुक्ररक्षाऽतियत्नतः ।।११।।

10-11. In the condition of *śukrameha*, i.e. *spermatorrhea*, first of all the *virecana* (purgation) therapy should be conducted. Moreover, the patient should be given such meals, drinks, and herbs that increases the vital strength of the body and develops potency. One should try his best to resist the discharge of semen.

येषां स्वपने भवेद्रेतश्च्युतिस्तेषां कृते हितः । निद्रात्यागो नियमतस्तुर्ययामेऽनिशं निशि ।।१२।।

12. The individual who is discharging semen while asleep should try to wake up in the *brāhma-muhurta* that is immediately before the dawn. After getting, he should take up the daily routine like bathing and worship, etc. Getting up in the *brāhma-muhurta* is the best remedy of the nightfall as the unwanted discharge of semen occurs only during this hour.

शुक्रमेहघ्नाः क्वाथाः–

कशेरुकं लघु गदो वरीदार्व्यब्ददारु च । रुक् शैवालं नागवल्ली घनदारुफलत्रिकम् ।।१३।।
अर्जुनत्वक्तग्रसारं श्लोकपादैरुदीरिताः । एते क्वाथाः पञ्च शुक्रमेहघ्नाः सन्मता ध्रुवम् ।।१४।।

13-14. Five decoctions have been prescribed by the wise physicians to check this disease. (1) Decoction of the plants *kaṣeru*, *agara* and *kuṣṭha*. (2) Decoction of *śatāvara*, *dāru haridrā*, *nāgavallī*, and *devadāru*. (3) Decoction of *kuṣṭha*,

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śaivāla and the roots of betel leaves. (4) Decoction of the *nāgaramustaka*, *devadāru* and *tṛiphalā*. (5) Decoction of the bark of *arjuna* tree and the red variety of sandalwood.

त्रिफलादिक्वाथः–

त्रिफलाऽर्जुनशैवालबलादूर्वाकशेरुकाः । हरिद्रे द्वे देवदारु चामयः श्वेतचन्दनम् ।।
लघु चैषां कषायः स्यात् ससितः शुक्रमेहहृत् ।।१५।।

15. Tṛiphalādi Kvātha:

Ingredients: *Tṛiphalā*, bark of *arjuna* tree, *śaivāl*, roots of *balā*, *dūrvā* grass, *kaseru*, *haridrā*, *dāru haridrā*, *devadāru*, *kuṣṭha*, white variety of sandalwood, *agar* and water.

Process of Drug-Making: Obtain in equal parts the following, the *tṛiphalā*, the bark of *arjuna* tree, *śaivāl*, the roots of *balā*, the *dūrvā* grass, *kaseru*, *haridrā*, *dāru haridrā*, *devadāru*, *kuṣṭha*, the white variety of sandalwood and *agar*. Prepare a coarse powder of all these herbs and obtain 24 gm. measure of them. Pour this mixture to the water sixteen times greater in quantity. Decoct the preparation till it is reduced to the one-eighth in quantity.

Method of use/Administration: Take this decoction along with the raw sugar measuring 24 gm..

Therapeutic benefits: This medicine called *Tṛiphalādi Kvātha* cures one from the disease *śukrameha* i.e. *spermatorrhea*.

मञ्जिष्ठादिक्वाथः–

मञ्जिष्ठा चनिकुम्भश्च मूर्वा दूर्वा च शाल्मलिः । कुशजं काशजं मूलं क्वाथ एषां विशेषतः ।।१६।।
शुक्रास्रमेहयोर्नाशेऽनिशं शस्तस्तु शीलितः ।।१७।।

16-17. Manjiṣṭhādi Kvātha:

Ingredients: *Manjiṣṭhā*, roots of plant *dantī* and *mūrvā*, grass of *dūrvā*, roots of silk-cotton tree, roots of plant *kuśa* and *kāṣa*.

Process of Drug-Making: Take in equal parts the herb *manjiṣṭhā*, the roots of plant *dantī* and *mūrvā*, the grass of *dūrvā*, roots of the silk-cotton tree, and the roots of plant *kuśa* and *kāṣa*. Prepare a decoction of these herbs.

Therapeutic benefits: This medicine called *Manjiṣṭhādi Kvātha* is very beneficial to check the diseases like *śukrameha*.

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शिलाजतुयुतं नूनं रससिन्दूरमुत्तमम् । शाल्मलीरससंमिश्रं शुक्रमेहहरं परम् ।।१८।।

18. The disease is also checked by the decoction of roots of the silk-cotton tree in 48 gm. measure added with the *śilājātu* measuring 250 mg. and the *rasa sindūra* measuring 125 mg.

शाल्मलीस्वरसो वाऽपि केवलः शुक्रमेहहृत् । धात्रीरसोऽपि सक्षौद्रः शुक्रमेहं हरेद् द्रुतम् ।।१९।।

19. Taking only the juice of the roots of silk-cotton tree is also very helpful. One can also take the juice of *āmla* fruits measuring 24 gm. along with honey.

शोभनं शुक्रमेहघ्नं स्वर्णमाक्षिकशीलनम् । शुक्रमेहापहा वांशी गुडूची स्वरसान्विता ।।२०।।

20. Take 125 mg. of the *svarṇamākṣika bhasma* mixed with 1 gm. of honey to check the disease. Likewise, taking 1 gm. of the herb *vanśalocana* along with the juice of plant *guḍūcī* is also very effective.

स्वप्ने शुक्रच्युतिर्न स्याद् यदि चाद्यात्सुरप्रियाम् । सकर्पूराहिफेनस्य सेवनं च तदर्थकृत् ।।२१।।

21. Taking 1 gm. of the powder of *kakkola* along with honey or 62 mg. of camphor along with equal amount of opium is also very effective to check the disease *śukrameha*.

चन्दनादिचूर्णम्–

चन्दनं शाल्मलीपुष्पं त्रिजातं रजनीद्वयम् । अनन्तां सारिवां मुस्तमुशीरं यष्टिकाऽऽमले ।।२२।।
तालमूलीं शुभां भार्गीं देवदारु हरीतकीम् । सर्वद्विगुणितं लौहं चैकत्र परिमर्दयेत् ।।२३।।
प्रमेहा विंशतिः श्वासः कासो जीर्णज्वरस्तथा । प्राशनादस्य नश्यन्ति दुर्नामानि च कामला ।।२४।।

22-24. Candanādi Cūrṇam:

Ingredients: White variety of sandalwood, flowers of silk-cotton tree, cinnamon bark, cardamom, cassia, turmeric, *dāru haridrā*, *anantamūla*, *śyāmālatā*, *mustā*, *uśīra*, *yaṣṭi*, *āmla*, *muṣalī*, *vanśalocana*, *bhārgī*, *devadāru*, *harītakī* and *lauha bhasma*.

Process of Drug-Making: Take 12 gm. measure each of the following, white variety of sandalwood, the flowers of silk-cotton tree, the cinnamon bark, cardamom, cassia, turmeric, *dāru haridrā*, *anantamūla*, *śyāmālatā*, *mustā*, *uśīra*, *yaṣṭi*, *āmla*, *muṣalī*, *vanśalocana*, *bhārgī*, *devadāru* and *harītakī*. Prepare a powder of them and mix them together. Add to the mixture 432 gm. of *lauha bhasma*. Mix the preparation properly and store it.

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Therapeutic benefits: This *Candanādi Cūrṇam* is capable to cure twenty types of *prameha*, bronchitis, breathing troubles, chronic fever, piles and jaundice.

माक्षिकादिचूर्णम्–

माक्षिकं पारदं गन्धं खर्परं गिरिमृत्तिकाम् । शिलाजत्वभ्रलौहानि शाल्मल्याः कुसुमंत्वचम् ।।२५।।
विदारीं गौक्षुरं बीजं चैकत्र परिमर्दयेत् । माषमात्रं प्रयुञ्जीत शुक्रमेहनिवृत्तये ।।२६।।

25-26. Mākṣikādi Cūrṇam:

Ingredients: *Svarṇamākṣika bhasma*, purified mercury, purified sulphur, *kharpara bhasma*, purified *gairika*, purified *śilājatu*, *abhraka bhasma*, *lauha bhasma*, flowers and the bark of barks of silk-cotton tree, bulbs of *vidārī* plant and seeds of *gokṣura*.

Process of Drug-Making: Take in equal parts the following, the *svarṇamākṣika bhasma*, purified mercury, purified sulphur, *kharpara bhasma*, purified *gairika*, purified *śilājatu*, *abhraka bhasma*, *lauha bhasma*, flowers and the bark of silk-cotton tree, the bulbs of *vidārī* plant and seeds of *gokṣura*. Prepare a fine powder of all these materials.

Method of use/Administration: Take this *Mākṣikādi Cūrṇam* in doses of 1 gm. every day along with honey.

Therapeutic benefits: It cures *śukrameha*.

कामधेनुरसः–

सिन्दूरमभ्रं नागं च कर्पूरं हेम माक्षिकम् । खर्परं रजतं चापि मर्दयेत्कमलाम्भसा ।।२७।।
ततो गुञ्जामिताः कृत्वा वटीश्छायाप्रशोषिताः । एकैकां दापयेदासां कशेरुस्वरसेन च ।।२८।।
प्रमेहान् विंशतिं हन्ति शुक्रमेहं विशेषतः । ज्वरं जीर्णं च यक्ष्माणं कामधेन्वभिधो रसः ।।२९।।

27-29. Kāmadhenu Rasa:

Ingredients: *Rasa sindūra*, *abhraka bhasma*, *nāgabhasma*, camphor, *svarṇa bhasma*, *svarṇamākṣika bhasma*, *kharpara bhasma*, *rajata bhasma* and juice of lotus flowers.

Process of Drug-Making: Take in equal parts the *rasa sindūra*, *abhraka bhasma*, *nāgabhasma*, camphor, *svarṇa bhasma*, *svarṇamākṣika bhasma*, *kharpara bhasma* and *rajata bhasma*. Compound these materials thoroughly and process them through the *bhāvanā* method for three times using the juice of lotus flowers. Prepare small pills measuring 250 mg. and dry them under shadow.

Method of use/Administration: Take two pills of this medicine.

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Therapeutic benefits: This medicine is known as *Kāmadhenu Rasa*. It cures one from 20 types of *prameha*, particularly the *śukrameha*, the tuberculosis and chronic fevers and other diseases.

शिलाजत्वादिवटी–

शिलाजत्वभ्रहेमानि लौहगुग्गुलुटङ्कणम् । केशराजस्य तोयेन मर्दयेद्दिवसद्वयम् ।।३०।।
वल्लमानां वटीं कृत्वा शैवालसलिलेन च । प्रातः प्रातः प्रयुञ्जीत शुक्रमेहनिवृत्तये ।।३१।।

30-31. Śilājatvādi Vaṭī:

Ingredients: Purified *śilājātu*, *abhraka bhasma*, *svarṇa bhasma*, *lauha bhasma*, purified *guggulu*, purified borax and juice of *keśarāja*.

Process of Drug-Making: Obtain the equal parts of purified *śilājātu*, *abhraka bhasma*, *svarṇa bhasma*, *lauha bhasma*, purified *guggulu*, and purified borax. Compound them thoroughly and process them through a hand mortar along with the juice of *keśarāja* for two days. Prepare pills measuring 375 mg. each and dry them under shadow.

Method of use/Administration: Take this *Śilajatvādi Vaṭī* every morning along with the juice of *śaivāl*.

शाल्मलीघृतम्–

शाल्मलीद्रवसंयुक्तं सर्पिश्छागीपयोऽन्वितम् । अश्वगन्धां वरीं रास्नां मुशलीं विश्वभेषजम् ।।३२।।
अनन्तां मधुकं द्राक्षां दत्त्वा च पलमानतः । पचेन्मन्दाग्निना वैद्यः पात्रे मृत्परिनिर्मिते ।।३३।।
प्रमेहान् निखिलान् हन्ति शुक्रमेहं विशेषतः । क्लैब्यं धातुक्षयं शोषं कासं चैव वरं घृतम् ।।३४।।

32-34. Śālmalī Ghṛitam:

Ingredients: Decoctions of the roots of silk-cotton tree, *mūrcchita* cow-*ghṛitam*, goat-milk, *aśvagandhā*, *śatāvara*, *rāsnā*, *muṣalī*, dried ginger, *anantamūla*, *madhuka* and raisin.

Process of Drug-Making: Obtain two liters each of decoctions of the roots of silk-cotton tree, *mūrcchita* cow-*ghṛitam* and the goat-milk. Take 60 gm. measure each of the *aśvagandhā*, *śatāvara*, *rāsnā*, *muṣalī*, dried ginger, *anantamūla*, *madhuka* and raisin and prepare a *kalka* of them. Pour all these material into water measuring about eight liters and cook them on a slow heat.

Method of use/Administration: Take this *Śālmalī Ghṛitam* in doses of half to 12 gm. along with lukewarm milk.

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Therapeutic benefits: It cures diseases like *prameha*, tuberculosis, bronchitis, and particularly the *śukrameha* and impotency.

चन्दनासवः–

चन्दनं बालकं मुस्तं गम्भारीं नीलमुत्पलम् । प्रियङ्गु पद्मकं लोध्रं मञ्जिष्ठारक्तचन्दनम् ।।३५।।
पाठां किराततिक्तं च न्यग्रोधं पिप्पलीं शटीम् । पर्पटं मधुकं रास्नां पटोलं काञ्चनारकम् ।।३६।।
आम्रत्वच मोचरसं प्रत्येकं पलमात्रकम् । धातकीं षोडशपलां द्राक्षायाः पलविंशतिम् ।।३७।।
जलद्रोणद्वये क्षिप्त्वा शर्करायास्तुलां तथा । गुडस्यार्धतुलां चापि मासं भाण्डे निधापयेत् ।।३८।।
चन्दनासव इत्येष शुक्रमेहविनाशनः । बलपुष्टिकरो हृद्यो वह्निसंदीपनः परः ।।३९।।

35-39. Candanāsava:

Ingredients: White variety of sandalwood, *netrabālā*, *mustā*, bark of plant *gambhārī*, *nīlakamal* flower, *priyangu*, *padmaka*, *lodhra*, *manjiṣṭhā*, red variety of sandalwood, *kirātatikta*, bark of banyan tree, *pippalī*, *kancanāra*, bark of mango tree and *mocarasa* plant, *dhātakī* flowers, raisin, water, jaggery and raw sugar.

Process of Drug-Making: Take 48 gm. measure each of the following: white variety of sandalwood, *netrabālā*, *mustā*, the bark of plant *gambhārī*, the *nīlakamal* flower, *priyangu*, *padmaka*, *lodhra*, *manjiṣṭhā*, red variety of sandalwood, *kirātatikta*, the bark of banyan tree, *pippalī*, *kancanāra*, the bark of mango tree and the *mocarasa* plant. Also take 768 gm. measure of the *dhātakī* flowers, 960 gm. of raisin, 25 litres of water and 12 gm. measure of jaggery and 6 gm. measure of raw sugar. Powder the above medicine so far as possible and pour them into water. Tightly close the pot containing the preparation and keep it for a month.

Therapeutic benefits: This medicine named *Candanāsava* is effective in checking the diseases *śukrameha* and promotes the vigour and strength of body. This medicine is also helpful for heart and the digestion.

यत्प्रमेहे निगदितं भेषजं मेहनाशनम् । तदप्यत्र प्रयोक्तव्यं सुविचार्य भिषग्वरैः ।।४०।।

40. The medicine prescribed in the chapter related to treatment of *prameha* can also be used with consideration in the cases of *śukrameha*.

शुक्रमेहे पथ्यानि–

शुक्रसंवर्द्धनं पानमन्नं च सुपचं शुभम् । साधूनां सङ्गतिस्तद्वत् तत्कथेश्वरचिन्तनम् ।।४१।।
शान्तिकृद्ग्रन्थमननं कर्मव्यापृतचित्तता । बाह्यमाभ्यन्तरं शौचं ब्रह्मचर्यं यथार्थतः ।
शुक्रमेहे हितान्येतान्यासेव्यानि सुखार्थिभिः ।।४२।।

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41-42. For the patient of *śukrameha* it is very useful to take aphrodisiac *rasāyaṇa*, easily digestible meals. He should also seek for the company of gentlemen and cultured people. One should also study about the life of saints and think about god. He should also get involved in reading such stories and other literatures that generate peace. He should remain indulged in pure and holy acts and should maintain abstinence from undesirable sexual activities.

शुक्रमेहऽपथ्यानि–

अन्नपानं चातितीक्ष्णमभिष्यन्द्यपि दुर्जरम् । व्यवायमुपवासं च वह्न्यातपनिषेवणम् ।।४३।।
प्रजागरं सुरापानं स्त्रीप्रसक्तिं शुचं पराम् । चिन्तां चापि दिवास्वापमलसत्वं निरन्तरम् ।।४४।।
असतां च कथां तद्वत्तदीयामपि सङ्गतिम् । शुक्रमेहामयी यत्नात्त्यजेदिच्छन् परं सुखम् ।।४५।।

43-45. For the patient of *śukrameha*, excessive sexual intercourse, taking *abhiṣayandi* and heavy meals, *langhaṇa* (fasting), waking during the unearthly hours, facing sun and fire, liquor, depression, agony, sleeping during the day hours and company of lowly and uncultured people are the activities and that are to be avoided. (Note: *Abhiṣyandi dravyas* are those that clog the body channels by causing increase in the *kapha* and feeling of heaviness of the body.)

इति भैषज्यरत्नावल्यां विशिष्टरोगाधिकारे शुक्रमेहचिकित्साप्रकरणम् ।।८८।।
इति भैषज्यरत्नावल्यां विशिष्टरोगाधिकारे 'विद्योतिनी' नामिकायां भाषाटीकायां शुक्रमेहचिकित्साप्रकरणम् ।।८८।।

End of the Chapter 88 of Bhaiṣajya Ratnāvalī with Commentary

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अथौपसर्गिकमेहचिकित्साप्रकरणम् ८९

Chapter 89

Treatment of *Aupasargika Meha* (Gonorrhea)

औपसर्गिकमेहस्य मामानि–

औपसर्गिकमेहाख्यो गदो यः स भिषग्वरैः । पूयमेहो व्रणमेह आगन्तुमेह उच्यते ।।१।।

1. The *aupasargika meha*, *pūyameha*, *vraṇameha*, and *āgantuka meha*, all of these are identical names (of what can be termed as gonorrhea). (Note-The term '*upasarga*' denotes 'contamination'. As the disease appears mainly through contagion its name is like that. Similarly there is pus (*pūya*) and sores (*vraṇa*) in this ailment; therefore it has been named also as *pūyameha* and *vraṇameha*. As the disease does afflict one due to external contacts it is called *āgantuka* as well, the term signifying 'one that has come from outside'.

तस्य सम्प्राप्तिः–

रजस्वलायां बहुभुक्तवत्यां तथाऽऽर्द्रयोनौ मदनातुरो यः ।
प्रयातु मोहाद् यदि कोऽपि तर्हि ध्रुवं गदं दारुणमेत मेतु ।।२।।

2. The disease attacks the man who is unable to apply his senses due to sexual urge and who indulge in intercourse with females during menses or females whose sexual organs are damaged due to pus and wounds and who cohabits with numerous males.

या मूत्रनाड्यन्तरसंस्थिता त्वक् श्लेष्मावहा सा व्रणिता सती तु ।
क्लेदं गदेऽत्राहरति प्रकामं ततो भिषग्भिर्व्रणमेह उक्तः ।।३।।

3. The penis gets infected in this indisposition. The wounds appearing therein are difficult to heal up. Due to wounds (i.e. *vraṇa*) in the case, this disease is also called as the *vraṇameha*.

तस्य लक्षणम्–

प्रायः स्त्रीसङ्गदिष्टं मुनिमितरजनीकाल आरभ्य रोगोजायेतायं कदाचिद्विपुलतररुजाव्यञ्जकः पूरुषेषु ।
बारं बारंध्वजस्योत्थितिरपिमहती शिश्नमुण्डे च
कण्डुः किंचासह्या भृशात्तिर्भवति हि सततं मूत्रकालेऽत्र दाहः ।।४।।
स्फीतो मेढ्रो लोहितश्चाग्रभागे पीडायुक्तावंडकोशौ सदैव ।
पूयस्योपस्थात्प्रवृत्तिर्विशेषात्संजायेतात्रापि तुल्यं व्रणेन ।।५।।

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सदा रक्तपिप्पल्यतीवानुलिप्तं मुखं शिश्नसंबन्धि संदृश्यतेऽत्र ।
गदी चापि रात्रिन्दिवं दाहयुक्तः कदाचित्र शान्तिं क्वचित्प्राप्नुयाद्वैः ।।६।।
यढा पूयसंशोषजो मूत्रमार्गावरोधो भवेद्घोरदाहेन मूत्रम् ।
तदा युग्मधारं प्रवर्त्तेत नूनं युतानां व्रणाख्येनमेहेन यूनाम् ।।७।।
आर्द्रं तथा चिमचिमान्वितमामयेऽत्र प्रस्त्रावर्त्म सततं नियतं भवेद्वा ।
स्त्रावस्ततस्तनुरपि क्रमतः प्रवृद्धिर्लक्ष्येत तम्य गदितं किल लक्ष्म चेति ।।८।।

4-8. The disease also attacks a woman indulging in intercourse with a man with wounded penis. Similarly it attacks a man who takes a woman with diseased sexual organs. The incubation period of the disease is generally as long as seven days. The symptoms of the disease include frequent erection of the penis, stiffness at the tip of the penis and enlargement of the same. The tip of the penis gets reddened due to infection and it becomes difficult and very painful to discharge urine. Even the testicles also pain. There is discharge of pus from the penis and all the time there remains a burning sensation around the same. Sometimes, the pus dries up inside the penis, thus blocking the channel passing urine. This makes the urination very painful. Gradually all these symptoms increase in degree and effect.

रोगश्चायं दारुणः पूरुषान्तः प्रायेणोत्पद्येतसंसर्गतोऽपि ।
षीडाऽल्पत्वं कालवृद्धिक्रमेणस्यादस्यालं दुश्चिकित्स्यत्वमेव ।।९।।
व्रणमेहे विनिर्दिष्टा आमनेत्रामयादिकाः । उपद्रवा विशेषेण नाशनीया भिषग्वरैः ।।१०।।

9-10. Thus this disease attacks the human beings through contagion. As the ailment progresses the pain and burning sensation due to it is reduced. Nonetheless, the old case of the disease is very difficult to cure. A chronic gonorrhea could lead to the *vāta roga* (*āmavāta*) and diseases of eyes (*netrabhiṣyanda*) as well.

औपसर्गिकमेहस्य चिकित्सा–

प्रथमं मैथुनं त्याज्यमौपसर्गिकमेहिभिः । यतस्तत्तु प्रधानं हि निमित्तं रोगसम्भवे ।।
अतः सुखार्थिभिर्जातु न कार्या पांशुलारतिः ।।११।।

11. The man who is suffering from gonorrhea must stop sexual intercourse so long as he is not fully cured. Similarly, the man who wants life must not take the prostitutes and the women who are loose in character.

श्वयथुघ्नं व्रणघ्नं वा तथा वातानुलोमनम् । मूत्रलं चान्नपानं यद् भेषजं सेव्यमेव तत् ।।१२।।
न कदाचित् क्रियामुग्रां विदध्यादत्र कांचन ।।१३।।

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12-13. In cases of gonorrhea, one should take the medicines prescribed in cases of edema and chancre. The patient should take *sneha* meals, drinks and herbs that are carminative with regards to *vāta* and that produce more urine. The patient should not get agitated at any time. Taking these medicines and such precautions make one cured from the disease.

कोष्णे जात्या वराया वा क्वथे शिश्नं निमज्जयेत् । वेदनोपशमस्तेन व्याधेश्च बलसंक्षयः ।।१४।।

14. Obtain the leaves of yellow jasmine flower weighing 300 gms. and pound them. Put the *kalka* into water measuring one litre and a quarter. Boil the preparation till the water content is reduced to 300 mls. Then strain the liquid and dip cotton piece into it. Apply the wet cotton or wet pieces of cloth over the penis as ointment. Repeat the process for ten to fifteen times while the decoction is still lukewarm. After that dip the penis itself into the decoction. Likewise, the lukewarm decoction of *triphalā* can be used. These measures help the patient to get relief from the disease.

बब्बूलनिर्यासभवं जलं क्षारयुतं पिबेत् । किंवाऽऽमदुग्धं सजलं पूयमेहं विनाशयेत् ।।१५।।

15. Take 24 gm. measure of the bark of *babbūla* tree and boil it in 384 ml. measure of water till it is reduced to one fourth. Or take the natural gum discharged by the tree measuring 12 gm. and dissolve it into water worth 300 mls. Add 1 gm. measure of *yavakṣāra* to either of the two preparations. Preserve the drug in a glass container. Take the medicine is doses of 24 gm. measure for four times in a day. Before taking the drug, stir its container thoroughly. Another prescription: Take unboiled and fresh milk of cow measuring 240 ml. and add equal part of water to it. Preserve the mix in a glass jar. When feeling thirsty drink the same. This generates enough quantity of urine and the worms of gonorrhea could thus be discharged away along with urine. The edema and pus of the limb is also controlled by this medication.

नृसारक्षारसंयुक्तशारिवाक्वाथपानतः । विनिवृत्तिः पूयमेहस्यापि नात्र विचारणा ।।१६।।

16. Take 24 gm. measure of the *anantamūla* and decoct it into water measuring 384 ml. When the original quantity is reduced to one-fourth, add to it 500 mg. measure each of the *yavakṣāra* and *nara sāra* (ammonium chloride). Preserve the medicine in a glass jar. Drink this drug for three to four times a day.

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शारिवायुगलादिक्वाथः–

शारिवायुगलं तिक्ता बीजं गोक्षुरजं तथा । एषां क्वाथो गन्धनरसारयुग् व्रणमेहहृत् ।।१७।।

17. Śārivāyugalādi Kvātha:

Ingredients: *Anantamūla*, *kṛiṣṇa śārivā*, *kaṭukī*, seeds of *gokṣura*, water, purified sulphur and *nara sāra* (ammonium chloride).

Process of Drug-Making: Obtain 24 gm. measure of the following herbs by taking them in equal parts: *anantamūla*, *kṛiṣṇa śārivā*, *kaṭukī* and the seeds of *gokṣura*. Pour them into water measuring 384 ml. and cook the same till the water is reduced to one-fourth. Add to this preparation 500 mg. measures each of the purified sulphur and *nara sāra* (ammonium chloride).

Method of use/Administration: Take this drug for three to four times daily. Before taking the drug stir the jar properly.

Therapeutic benefits: Taking this medicine for one week on daily basis cures one from the burring sensation of urinary track and related ailments.

ससितं व्रणमेहघ्नं कक्कोलफलजं रजः । कणावराऽऽभाक्वाथेनोत्तरबस्तिर्यथाविधि ।।१८।।

18. Take 48 gm. measure each of the powder of *kakkola* fruit and raw sugar and powder in doses of 1 gm. during the morning, afternoon and evening times along with honey. This medicine cures one from the gonorrhea.

कणावराऽऽभात्वक्क्वाथैर्बस्तिरुत्तरसंज्ञितः । शीलितो निश्चितं हन्ति मेहमागन्तुकं गदम् ।।१९।।

19. Administer the *uttara basti* (enema) therapy using the decoction of lesser variety of *pippalī* (seeds), the *tṛiphalā* (i.e. combination of the *āmalakī*, *vibhītaka* and *harītakī*) and the bark of *babbūla* tree. Administering this therapy in the sexual organs of the body for five to seven day cures one from the micro wounds occurring in the penis. Thus the gonorrhea is healed up in due curse of this medication.

औपसर्गिकमेहघ्नो बस्तिः–

वराकषायः कुडवोन्मितो दध्यम्बु प्रास्थिकम् । धवलं तुत्थसंजातं भस्म कर्षद्विकोन्मितम् ।।२०।।
सहिङ्गुलं च मृद्दारशृङ्गं तोलकसंमितम् । एकीकृतेनाखिलेनोत्तरबस्तिः प्रयोजितः ।।
औपसर्गिकमेहघ्नो नात्र कश्चन संशयः ।।२१।।

20-21. Get the decoction of *tṛiphalā* (i.e. combination of the *āmalakī*, *harītakī* and *vibhītaka*) measuring 192 ml., the fresh water of curd measuring 768 ml., the

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bhasma (oxydum) of blue vitriol measuring 24 gm., purified *hiñgula* and *mṛiddārśṛīnga* each measuring 6 gm. and mix all these drugs together. Administration of this drug through the *uttara basti* (enema) therapy cures one from the ailment *vraṇa meha* or gonorrhea.

स्फटिकादिचूर्णम्–

स्फटिका सोरकं काकजङ्घा श्वेतं च जीरकम् । श्रीवाससारः संशुद्धः सुरप्रियफलं तथा ।।२२।।
केशरं सर्जनिर्यासः सर्वं ग्राह्यं समांशकम् । चूर्णयित्वा सदा सेव्यं व्रणमेहिभिरादरात् ।।२३।।
प्रातः सायं क्षीरनीरेणैव सार्द्धं यथाविधि । द्विसप्ताहप्रयोगेण व्रणमेहोऽन्तमेत्यलम् ।।२४।।

22-24. Sphaṭikādi Cūrṇam:

Ingredients: Purified alum (*sphaṭika*), *sorakam*, *kākajanghā*, cumin seeds, *śṛīvasasara*, purified *surāpriyāphalā*, *nāga keśara* and latex of *sarja* plant.

Process of Drug-Making: Take in equal parts purified alum (*sphaṭika*), *sorakam*, *kākajanghā*, the cumin seeds, *śṛīvasasara*, purified *surāpriyāphala*, *nāga keśara* and the latex of *sarja* plant. Compound the mixture of these drugs and store it in a glass-jar.

Method of use/Administration: Dissolve 2 gm. measure of the preparation into 60 gm. of water and drink it. Take this medicine daily during the evening time for two weeks.

Therapeutic benefits: It gives relief from gonorrhea.

महाभ्रवटिका–

त्रिःसप्तकृत्वः संभाव्यभृङ्गराजाम्भसाऽभ्रकम् । तस्मिन् गन्धं रसं लौहं हेम चाभ्रार्द्धसंमितम् ।।२५।।
वराक्वाथेन संमर्द्य वटिकां रक्तिकोन्मिताम् । औपसर्गिकमेहस्य नाशाय दापयेद्भिषक् ।।२६।।

25-26. Mahābhara Vaṭikā:

Ingredients: *Abhraka bhasma* (oxydum of the mica pieces), juice of *bhṛingarāja*, *lauha bhasma*, *svarṇa bhasma* and decoction of *tṛiphalā* (i.e. combination of *āmalakī*, *vibhītaka* and *harītakī*).

Process of Drug-Making: Take the *abhraka bhasma* (oxydum of the mica pieces) in 48 gm. measure and process it for 21 times using the *bhāvanā* method along with the juice of *bhṛingarāja*. Add to it the *kajjalī* (of sulphur and mercury) measuring 48 gm., 24 gm. measure each of the *lauha bhasma* and *svarṇa bhasma*. Churn the preparation along with the decoction of *tṛiphalā* (i.e. combination of *āmalakī*, *vibhītaka* and *harītakī*) for whole day. Finally make pills measuring 250

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mg. each out of the preparation. Dry the pills (*vaṭīkas*) under shade and store them in a glass container.

Method of use/Administration: Take one pill each during morning and evening times along with the *anupāna* of decoction of *triphalā* every day.

Therapeutic benefits: It helps one to get cured from gonorrhea.

कन्दर्परसः–

पारदो गन्धकः स्वर्णं प्रबालं गिरिमृत्तिका । वैक्रान्तं रजतं शङ्खं मौक्तिकं च समं समम् ।।२७।।
न्यग्रोधस्य कषायेण भावयित्वा च सप्तधा । वल्लोन्मानां वटीं कृत्वा त्रिफलाक्वाथवारिणा ।।२८।।
सुरप्रियस्यार्जुनस्य क्वाथेनाभाऽम्भसाऽपि वा । औपसर्गिकमेहस्य शान्त्यर्थं विनियोजयेत् ।।२९।।

27-29. Kandarpa Rasa:

Ingredients: Purified mercury, purified sulphur, *svarṇa bhasma*, *pravāla bhasma*, purified *svarṇa gairika*, *vaikrānta bhasma*, *rajata bhasma*, *śankha bhasma*, powder of *muktā* and decoction of the shoots of banyan tree.

Process of Drug-Making: Take 12 gm. measure each of the purified mercury, purified sulphur, the *svarṇa bhasma*, *pravāla bhasma*, purified *svarṇa gairika*, *vaikrānta bhasma*, *rajata bhasma*, *śankha bhasma* and powder of *muktā*. First, prepare *kajjalī* out of the mercury and sulphur and mix rest of the drugs into that. Compound the mix thoroughly. And taking the decoction of the shoots of banyan tree processes the mix through *bhāvanā* system for seven times. Finally, make pills measuring 250 mg. (= one *valla*) each and dry them under shade.

Method of use/Administration: Take this medicine named *Kandarpa Rasa* along with the *anupāna* of *surapriyā* plus the decoction of *arjuna*-tree's bark or *babbūla*-tree's bark every morning and evening.

Therapeutic benefits: It cures gonorrhea.

इति भैषज्यरत्नावल्यां विशिष्टरोगाधिकारे औपसर्गिकमेहचिकित्साप्रकरणम् ।।८९।।
इति भैषज्यरत्नावल्यां 'विद्योतिनी' नामिकायां भाषाटीकायामौपसर्गिकमेहचिकित्साप्रकरणम् ।।८९।।

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अथौजोमेहचिकित्साप्रकरणम् ९०

Chapter 90
Treatment of *Ojomeha* (Albuminuria)

ओजोमेहनिदानम्–

अथामवातादभिघाततो वाऽजीर्णादिकाज्जाठरवह्निमांद्यात् ।
शोथात्तथा वा विषमज्वराच्च क्षयाच्च कासप्रभृतेर्नराणाम् ।।१।।
रक्तस्रोतोविक्रियातोऽस्त्रदोषात्किंवा वृक्कद्वन्द्वदुष्ट्या विशेषात् ।
पूयेनास्रेणाथवा वै लसीकाद्वारा दुष्टे रेतसा वाऽपि मूत्रे ।।२।।
क्षारेण किंवा कटुना कषायेण वर्जितैर्गर्भवतीजनस्य ।
ओजस्करैर्वा मधुरैः सदैवान्नपान जातैरतिमात्र भक्षितैः ।।३।।
गुरोस्तथा पर्युषितस्य चान्नस्य सेवनादप्यति भोजनाद्वा ।
शिशोश्च हंसस्य विशिष्य गोधूमनव्यधान्यप्रभृतेश्च सेवनात् ।।४।।
अतीव शीते सलिलेऽपि दुष्टे स्नानेन पानेन च वाऽवगाहनात् ।
एभिर्निमित्तैरपरैस्तथौजोमेहो भवेद्वै विकृतादिहौजसः ।।५।।
आयुर्बलयोर्नितरां कृन्तननिपुणो विशेषतो नृणाम् ।
आमय एष उदारैरायुर्वेदस्य कोविदैरुदितः ।।६।।

1-6. According to experts of Ayurveda, the disease *ojomeha* or albuminuria is caused by such indisposition as *vāta roga*, indigestion, loss of appetite, edema, *viṣam jvara*, tuberculosis, *āghāta* and bronchitis. The renal arteries and veins are disordered due to problems in kidney and the urine is contaminated by pus, lymph and dirty blood and sperm owing to the above diseases. The albuminuria among women may occur due to excessive taking of bitter, citrus, pungent, heavy and stale meals and drinks, flesh of young birds, wheat and fresh rice. The disease also occurs by bathing water that is contaminated by worms, poison, leaves, and algae. Albuminuria is a dangerous disease and it destroys the strength of the body and contaminates the blood and such limbs as flash and muscles.

पुनश्च तस्य हेतुपूर्वकरूपवर्णनम्–

शारीरिकश्रमवशादथवाऽपरस्माद्धेतोर्द्रुतं रुधिरसंचरणाज्जनानाम् ।
किं वा विपर्ययवशात्प्रकृतेः किलौजोमूत्रेण सार्द्धमतिदुष्टिमितं स्रवेद्वै ।।७।।
हंसाण्डसंस्थितसमुज्जवलभागतुल्यंकिंवाऽपि तण्डुलजलप्रतिमं च शुक्लम् ।
ओजः स्थितं भवति रूपमिदं तदानीमित्थं गदन्ति गदतत्त्वविदां कुलानि ।।८।।

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7-8. In this indisposition, white colour and egg-like very small particles are discharged along with the urine. It may be due to excessive physical work leading to speedy circulation of blood. Sometimes the above particles come out with urine without excessive work. Learned physician has suggested it.

यदाध्मानमद्धा विबन्धोऽतिसारस्तथाऽजीर्णमुत्क्लेश एवावसादः ।
त्वचा धूलिवर्णाऽपि रूक्षा च शुष्का कटीमस्तकस्थायिनी चापि पीडा ।।९।।
प्रवृत्तिस्तु मूत्रस्य शश्वद्रजन्यामथो मांसपेशीस्थितः संक्षयोऽपि ।
तथा नेत्रवर्त्मस्थशोथस्तदौजोऽभिधो मेह एतैस्तु चिह्नैर्विबोध्यः ।।१०।।

9-10. The signs and symptoms of this disease include retention of stool, dysentery, indigestion and pain in the large intestine, yellowness and dryness of the skin, headache and backache, loss of muscle power, edema in the eyelids and excessive urination in the night.

अस्य साध्यादिकम्–

मेदःक्षयो यदि भवेदरुचिर्ज्वरो वा शोथोऽग्निमान्द्यमपि तर्हि न साध्य एषः ।
दुःसाध्य एव कथितोऽय इहान्यथौजोमेहो भिषग्भिरथ जातु हि कृच्छ्रसाध्यः ।।११।।

11. If the case of albuminuria is associated with the loss of fat, anorexia, fever, edema and indigestion, it may be incurable. If these symptoms are not there the patient may be cured, of course with difficulty.

अस्य चिकित्सा–

विविच्य दोषदूष्यादीन् निदानं वर्जयेद्भिषक् । चिकित्साऽप्यत्र कर्त्तव्या दोषदूष्याद्यपेक्षया ।।१२।।

12. The physicians should instruct the patient not to take such meals and drugs that disorder the *vāta* and other *doṣas* of the body leading to increase in the degree of indisposition and administer the drug that reduce the effect of such disorders.

औषधं लौहघटितं प्राधान्येन हितावहम् । वृक्कश्वयथुसंजाते त्वोजोमेहे विशेषतः ।
किन्तु पारदमुख्यं हि तन्न स्याच्छर्मकृत्क्वचित् ।।१३।।

13. Taking of the *lauha bhasma* is very helpful in the cases of albuminuria. If the disease is caused due to edema of kidneys or there is edema in the kidneys due to albuminuria the drugs prepare by the use of mercury should not be taken.

Note: If there is suspicion of the disease the patient should obtain his urine in a clean glass pot and send it to a laboratory to test the cast. If there is presence of renal cast the *rasa* type of drugs should not be taken.

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ओजोह्रासजदौर्बल्यं भैषजैर्नाशयेद्भिषक् । रसायनाधिकारोक्तैर्वृष्यैरनलदीपनैः ।।१४।।

14. In the cases of albuminuria, the patient should take *rasāyaṇa*, particularly the aphrodisiacs suggested in the chapter of *Vājikaraṇa*. The condition of patient can be improved by such drugs that promote the digestion and vigour of body. One should try to remove the physical weakness of the patient first.

वर्यादिकषायः–

वरी जलं भूतजटा मूलं मालूरसम्भवम् । एषां कषायो वातोत्थमोजोमेहं विनाशयेत् ।।१५।।

15. Varyādi Kāṣāya:

Ingredients: *Śatāvarī*, *sugandhabālā*, *bhūtajāta*, roots of *bilva* tree, water, milk and raw sugar.

Process of Drug-Making: Take equal part of *śatāvarī*, *sugandhabālā*, *bhūtajāta* and roots of the *bilva* tree and coarsely powder them. Take 24 gm. measure of the mixed powder and pour it into water measuring 384 ml.. Boil the decoction till the original amount is reduced to a one fourth. Add to the preparation 60 gm. each of milk and raw sugar.

Therapeutic benefits: Taking this drug daily cures one from the disease of albuminuria.

आभादिक्वाथः–

आभामूलत्वक्शताह्वाऽभयाकरकवल्कलम् । आमलकीफलंचैषां कषायाः शीलितोऽनिशम् ।।१६।।
ओजोह्रासं चातिघोरं दूरीकुर्यादसंशयम् ।।१७।।

16-17. Abhādi Kvātha:

Ingredients: Bark-bark of *babbūla* tree, aniseed, *abhayā*, bark of pomegranate fruit, *āmalakī*, water and honey.

Process of Drug-Making: Take in equal parts the bark-bark of *babbūla* tree, aniseed, *abhayā*, bark of pomegranate fruit and *āmalakī*. Coarsely powder them. Take 24 gm. measure of the mixed powder and pour it into water measuring 384 ml.. Boil the decoction till the original reduced to a one fourth. Add to the preparation some honey.

Therapeutic benefits: Taking this drug daily cures one from the disease of albuminuria.

चन्दनादिक्वाथः–

चन्दने द्वे स्फटी धात्री द्राक्षोशीरं गुडूचिका । मधुकं क्वाथ एतेषामोजोमेहापहः स्मृतः ।।१८।।

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समूलं निखिलान्मेहानुपद्रवयुतानपि । रक्तहारिद्रमाञ्जिष्ठमेहान् हन्याद्विशिष्य हि ।।१९।।

18-19. Candanādi Kvātha:

Ingredients: White and red varieties of sandalwood, *āmalakī*, pomegranate, fruits, *uśīra* grass, *guḍūcī*, *madhuka* and powder of alum.

Process of Drug-Making: Take in equal parts the white and red varieties of sandalwood, *āmalakī*, pomegranate, fruits, *uśīra* grass, *guḍūcī* and *madhuka*. Decoct them thoroughly and add to it the powder of alum measuring 500 mg.

Therapeutic benefits: Taking this medicine for some days cures one from the diseases albuminuria. This medicine called *Candanādi Kvātha* is also capable to check the diseases like *prameha* (i.e. urinary disorders including diabetes) mellitus.

अजमोदादिचूर्णम्–

अजमोदाऽमृता श्यामा त्रिफला च गुडूचिका । बीजं त्रिकण्टजं दार्वी त्रिवृद्धिश्वं नृसारकम् ।।२०।।
माषोन्मितं चूर्णमेषां शीलितं हन्ति यत्नतः । पिष्टौजःप्रभृतीन् मेहाँस्तमो रविरिव द्रुतम् ।।२१।।

20-21. Ajamodādi Cūrṇam:

Ingredients: *Ajamodā*, *amṛitā*, *śyāmālatā*, *tṛiphalā* (the combination of fruits *āmalakī*, *lasitaki* and *vibhītaka*), *guḍūcī*, seeds of *gokṣura*, *dāru-haridrā*, *niśotha*, dried ginger and purified *narasāra* (ammonium chloride).

Process of Drug-Making: Take in equal parts the following: *ajamodā*, *amṛitā*, *śyāmālatā*, *tṛiphalā* (the combination of fruits *āmalakī*, *lasitaki* and *vibhītaka*), *guḍūcī*, the seeds of *gokṣura*, *dāru-haridrā*, *niśotha*, dried ginger, purified *narasāra* (ammonium chloride). Powder all of them and mix them together.

Method of use/Administration: Take this medicine in doses of 2 gm. every day.

Therapeutic benefits: It cures such diseases as albuminuria and *prameha* (i.e. urinary disorders including diabetes) mellitus. This medicine is as effective as the sun is capable to remove darkness.

ओजोमेहापहो रसः–

शताधिकपुटोद्भूतं भसितं त्वयसः शुभम् । मुक्तायाश्च सुवर्णस्य तोलकार्द्धमितं पृथक् ।।२२।।
विद्रुमस्य च तोलैकं गृहीत्वा चाम्भसा सह । संपिष्य रक्तिकोन्माना वटीः कुर्याद्यथाविधि ।।२३।।
ओजोमेहापहो नाम रसोऽयं क्षौद्रसंयुतः । सेवितो नितरां हन्यादोजोमेहं न संशयः ।।२४।।

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22-24. Ojomehapaha Rasa:

Ingredients: *Lauha bhasma*, *muktā bhasma*, *svarṇa bhasma*, *pravāla bhasma* and water.

Process of Drug-Making: Take *lauha bhasma* that is processed through the *puṭa* method for one hundred times, *muktā bhasma* and *svarṇa bhasma*, each measuring 6 gm. and *pravāla bhasma* measuring 12 gm.. Compound them along with water and make pills measuring 250 mg. each. Dry the pills and preserve them in a glass jar.

Method of use/Administration: This medicine is to be taken with the *anupāna* of honey.

Therapeutic benefits: It is an effective medicine to check the cases of albuminuria.

ओजोमेहे वटी चन्द्रप्रभा सर्वेश्वरो रसः । वटिका सर्वतोभद्रा वसन्तकुसुमाकरः ।।२५।।
मुक्तावङ्गेश्वरश्चैवं विधाश्चान्येऽपि सद्रसाः । देवदारुभवोऽरिष्टश्चन्दनाद्यासवोऽपि च ।।२६।।
दाडिमाद्यं घृतं तैलं प्रमेहमिहिराभिधम् । मेहाधिकारसंप्रोक्तं यथाऽर्हं सर्वमौषधम् ।
प्रयोक्तव्यं विचार्यैव भिषग्भिर्हितकाङ्क्षिभिः ।।२७।।

25-27. In cases of albuminuria, the following medicines are to be prescribed: *Candraprabhā Vaṭī*, Sarveshavar *Rasa*, *Sarvatobhadra Vaṭī*, *Vasantkusumākara*, *Muktā vangkeśavara*, and *Devadarvariśata*, *Candanādya Āsava*, *Dhadimādya Ghṛitam*, and *Pramehamihira Taila*. Other medicines prescribed in the *Pramehadhikara*, that is the chapter on *prameha* (i.e. urinary disorders including diabetes) mellitus can also be suggested to the patients of albuminuria.

चन्दनासवः–

चन्दने सरलं चैव देवदारु निशाद्वयम् । सुरप्रियं चाग्निमूलं धात्री च त्रिवृता लघु ।।२८।।
शतमूल्यश्मभिच्छ्यामाऽनन्तावांसाऽङ्घ्रिवल्कलम्। लक्ष्मणायामूलमाभावरुणाङ्घ्रिभवे त्वचे ।।२९।।
पलोन्मितं च प्रत्येकं द्राक्षायाः पलविंशकम् । धातकीं षोडशपलां तुलोन्मानां च शर्कराम् ।।३०।।
माक्षिकार्द्धपलं सर्वं जलद्रोणद्वये क्षिपेत् । स्निग्धे भाण्डे मासमेकं सपिधाने निधापयेत् ।।३१।।
चन्दनासव इत्येष आमयौघविघातकः । मूत्रशूक्ररजोजातान् दोषानपि सुदारुणान् ।।३२।।
प्रमेहान् विंशतिं हन्ति मूत्राघातांस्त्रयोदश । मूत्रकृच्छ्रं चाष्टविधं चाश्मरीं च चतुर्विधाम् ।।३३।।
हलीमकं पाण्डुरोगमन्त्रवृद्धिं च कामलाम् । अग्निमान्द्यं तथा कुष्ठं श्वासं कासमरोचकम् ।।३४।।
औपसर्गिकमेहांश्च निहन्यादप्यसंशयम् । भाषितः श्रीमहेशेन लोकमङ्गलकारिणा ।।३५।।

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28-35. Canadana Āsava:

Ingredients: White and red variety of sandalwood, *sarala kaṣṭa*, *devadāru*, *haridrā*, *dāru haridrā*, *surāpriyā*, *citraka*, *āmalakī*, *niśotha*, *agara*, *śatāvarī*, *pāṣāṇabheda*, *kṛiṣṇa sārivā*, *śveta sārivā*, bark barks of *aḍuṣā*, *babbūla* and *varuṇa* plants, roots of *lākṣāmana* (or *kañṭakārī*), raisin fruits, *dhātakī* flowers, jaggery or raw sugar, *svarṇamākṣika bhasma* and raisin fruits.

Process of Drug-Making: Take 48 gm. measure each of the following: white and red variety of sandalwood, *sarala kaṣṭa*, *devadāru*, *haridrā*, *dāru haridrā*, *surāpriyā*, *citraka*, *āmalakī*, *niśotha*, *agara*, *śatāvarī*, *pāṣāṇabheda*, *kṛiṣṇa sārivā*, and *śveta sārivā*, bark barks of *aḍuṣā*, *babbūla* and *varuṇa* plants and the roots of *lākṣāmana* (or *kañṭakārī*). Also get 960 gm. measures of raisin fruits, 768 gm. of the *dhātakī* flowers and 4800 gm. of jaggery or raw sugar and 24 gm. of *svarṇamākṣika bhasma*. Prepare a *kalka* of the raisin fruits and compound all the rest properly. Dissolve the preparation into water measuring 25 litres. Place the preparation inside the in a pot that is fomented and coated by *ghṛitam* from inside. Keep the pot in a lonely place for one month. Thereafter, strain the liquid and obtain it in glass bottles.

Therapeutic benefits: This *Candana Āsava* medicine is capable to remove albuminuria as well as varieties of diseases including anemia, jaundice, anorexia, bronchitis, breathing troubles, *kuṣṭha* (skin diseases including leprosy), hernia, stone disease and the like. God Maheṣvara for the benefit of mankind has suggested this medicine.

पथ्यापथ्यव्यवस्था–

बलदं सुपचं प्रत्नं धान्यमुद्गयवादिकम् । कुलकं कारवेल्लं च काकोदुम्बरकं तथा ।।३६।।
वार्त्ताकुं च प्रयत्नेन सेवेत हितकाम्यया ।।३७।।

36-37. In condition of albuminuria, the easily digestible foods and drinks, old varieties of rice, the kidney beans and barley, the *paṭola*, *kārvellaka*, brinjal and *kakodumbraka* should be taken by the patient. These items should be taken regularly.

मधुरं गुरु मांसं च वह्न्यातपनिषेवणम् । दुष्टशीताम्भसा स्नानपानादि परिवर्जयेत् ।।३८।।

38. Sweet and guru drinks, meat, staying closely to fire or under sun, using contaminated for drinking or for bathing are all very harmful and should be avoided by a patient of albuminuria.

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इति भैषज्यरत्नावल्यां विशिष्टरोगाधिकारे ओजोमेहचिकित्साप्रकरणम् ।।९०।।
इति भैषज्यरत्नावल्यां विशिष्टरोगाधिकारे 'विद्योतिनी' नामिकायां
भाषाटीकायामोजोमेहचिकित्साप्रकरणम् ।।९०।।

End of the Chapter 90 of Bhaiṣajya Ratnāvalī with Commentary

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अथ लसीकामेहचिकित्साप्रकरणम् ९१

Chapter 91
Treatment of the Disease *Lasikāmeha*
(Discharge of Lymph or Chyle through Urine)

अनूपदेशोद्भवमीनमांसादिकादनाद्वाऽमितभोजनाद्वा ।
क्लिन्नंसदापर्युषितं भृशाभिष्यन्दिप्रकामं मधुरं गरीयः ।।१।।
अन्नंविशेषाद्रसनाऽतिलौल्यात्समश्नतामत्रनृणामवश्यम् ।
तथाचशारीरपरिश्रमंवाह्यकुर्वतांवामनसोऽधिकश्रमात् ।।२।।
प्रदूषितो हेतुभिरेभिरन्यैःणकाशयश्चापियकृन्नितान्तम् ।
वृक्कद्वयेऽथापि च मूत्रकोषे क्षतं समुत्पादयतो विशेषात ।।३।।
ततश्च मूत्रं तरलं सरक्तंलसीकया वा सहितं च मेदसा ।
क्वचिद्घनं स्थूलमथापि सूत्रवज्जतूकवारिप्रतिमंप्रवर्त्तते ।।४।।
वैशिष्ट्यतोऽस्मिन्नपि दोषदूष्ययोर्ह्रासं प्रवृद्धिं च सदैव लक्षयेत् ।
कुर्याच्चिकित्सामवगत्य वैद्यो मूत्रस्थितं वर्णविशेषमेव ।।५।।

1-5. Treatment of the disease *Lasikāmeha* (Discharge of Lymph or chyle through urine) is caused due to excessive intake of meats, stale and dirty meals, sweet and heavily digestible meals without considering the consequences. The disease is also caused because of excessive mental work and less amount of physical activities. Such conditions caused damage to the digestive system and the bladder. In this disposition the patient passes lymph or chyle through urine. This liquid is like the latex of the plant *lākṣā*. It is passed through the urine in thin as well as thick form. While treating this disease one should first treat the disorders causing to the loss of urine and fluctuation in its quantity. Then the course of treating *lasikāmeha* should be taken up considering the colour of the discharge.

वातजलसीकामेहलक्षणम्–

वातोपसृष्टेऽत्र भवेद्धि मूत्रंसशोणितं पूर्णतयाऽम्लगन्धकम् ।
मलावरोधोऽपि च सन्धिवृन्दविश्लेषणं चाप्युपजायतेऽद्धा ।।६।।
प्रवर्त्तितं मुहुर्मूत्रमामिक्षाजलसंनिभम् । इदं लसीकामेहस्य भाषितं लक्ष्म कृत्स्नशः ।।७।।

6-7. The signs and symptoms of diseases *lasikāmeha* caused by disorder of *vāta doṣa* include passing of urine with some blood and having a citrus smell, constipation and looseness of the joints. The urine is of the colour of *amikṣa* (the colour of hot milk mixed with curd is called *amikṣa*).

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पित्तजस्य तस्य लक्षणम्–

घनंपूतियुक्तंच दुर्गन्धपूर्णं भवेत्पैत्तिके रोगिमूत्रं च पूर्णम् ।
तथाऽस्यस्यवैरस्यमत्यर्थमेव प्रदाहश्चहस्तांघ्रिमध्येसदैव ।।८।।

8. The signs and symptoms of diseases *lasikāmeha* caused by disorder of *pitta doṣa* include the discharge of thick urine having pus and bed smell, feeling of restlessness in mouth. There is a burning sensation in the hand and legs all the patient.

कफजस्य तस्य लक्षणम्–

कफेनोपसृष्टेऽत्र शुक्लं तु मुत्रंभवेत्स्वच्छमत्यर्थमब्धाऽधिपात्रम् ।
निशि स्थापितं प्रातरेवोपरिस्थंतदच्छं घनं सर्वथा चाप्यधःस्थम् ।।९।।
कटौवङ्क्षणेंऽनुक्षणंचापिपीडा प्रजायेततीव्रोऽन्नविद्वेष एव ।
इदं लक्ष्मसर्वंकफेनोपसृष्टस्यमेहस्यचोक्तंलसीकाभिधस्य ।।१०।।

9-10. The signs and symptoms of diseases *lasikāmeha* caused by disorder of *kapha doṣa* include washing a white and clear urine, backache and anorexia. If the urine of the patient is kept in a glass for over night the next morning one can find thick deposit of white particles while the upper portion of the urine would be seen as clear and normal.

द्वित्रिदोषजयोर्लक्षणम्–

द्विदोषोत्थितेऽथ त्रिदोषोत्थितेऽब्धा यथादोषमूह्यं तयोर्लक्षणं वै ।
पुरा वर्णितं यत्पृथग्दोषरूपं तदेवात्र बोध्यं यथावद्विमिश्रम् ।।११।।

11. The signs and symptoms of diseases *lasikāmeha* caused by disorder in all the three *doṣas* (*vāta*, *pitta* and *kapha*) include all the above symptoms. In cases of *lasikāmeha* caused by any of the two disorders above, the combined signs and symptoms would occur.

साध्यासाध्यलक्षणम्–

लसीकाभिधोऽयं तु मेहो हि यूनांबलेनान्वितानां विशेषान्नबोत्थः ।
अपि प्रायशः साध्य एवामयज्ञै र्भिषग्भिर्जनैर्बोधितो बुद्धिमद्भिः ।।१२।।
स एवाथवा दुर्बलानां तु वृद्धात्मनां नैव साध्यः कदाचित्प्रदिष्टः ।
क्वचिच्चामयोऽयं गतः प्रौढभावंप्रशान्तिं प्रयायात् सुपथ्यस्य योगात् ।।१३।।
पुनर्दैवदुर्दृष्टितो रोगयुक्तं स एवाधिगत्योत्थितिं स्वामवश्यम् ।
नयत्येव कालान्तरं चान्तकस्यान्तिके सच्चिकित्सामतिक्रम्य सर्वाम् ।।१४।।

12-14. If the disease is affecting the youth and the strong and if the treatment is started at early, the *lasikāmeha* could be cured. On the centenary if it attacks the

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weak and the old or it is treated at mature stage the chances of cure are almost nil. Some times cure has been achieved by taking medicines. However, if the dietary regimen is not maintained and the disease attacks the patient again he would not get cured even after taking various medicines.

कुपीलुबीजादिक्वाथः–

कुपीलुबीजं बिल्वं च क्रिमिघ्नं कण्टकारिका । जाम्बवी चापि बब्बूलंत्वग्धात्रीरक्तचन्दनम् ।।१५।।
रक्तं खदिरमेषां तु कषायः पानतो ध्रुवम् । हन्ति नानाविधान् मेहानुपद्रवयुतानपि ।
भयङ्करांल्लसीकौजोमाञ्जिष्ठप्रमुखान् द्रुतम् ।।१६।।

15-16. Kupīlūbijādi Kvātha:

Ingredients: Seeds of *kupīlū*, ripe *bilva* fruit, *vāyaviḍanga*, *kañṭakārī*, *jambavi*, barks of *babbūla* tree, *āmalakī*, red variety of sandalwood, bark of red variety of *khadira* plant, water and honey.

Process of Drug-Making: Take in equal part the following: the seeds of *kupīlū*, the ripe *bilva* fruit, *vāyaviḍanga*, *kañṭakārī*, *jambavi*, barks of *babbūla* tree, *āmalakī*, red variety of sandalwood and bark of the red variety of *khadira* plant. Prepare a powder of them. Take 6 gm. measure of the mix and boil it into 96 gm. of water till it gets reduced to one fourth. Strain the liquid and take it along with honey.

Therapeutic benefits: This medicine is capable to remove the disease *lasikāmeha* (discharge of lymph or chyle through urine) and different kinds of *prameha* (i.e. urinary disorders including diabetes) mellitus.

चन्दनादिचूर्णम्–

चन्दनं चापि बब्बूलसारोऽपि च प्रयङ्गुकम् । जम्बूरसालयोर्बीजं मुस्तकं च यमानिका ।।१७।।
गुडूचीन्द्रयवा मोचरसो भस्मायसोऽपि च । सर्वं समांशकं नीत्वा संचूर्ण्य च यथाविधि ।।१८।।
माषमात्रं च सेवेत तेन नश्यन्ति सत्वरम् । पूयरक्तलसीकाद्याः प्रमेहा निखिला अपि ।।१९।।
अग्निमान्द्यं तथा तृष्णा ज्वाराश्चारोचको गदाः । चन्दनाद्यमिदं चूर्णं महेशेनैव भाषितम् ।।२०।।

17-20. Candanādi Cūrṇam:

Ingredients: Red variety of sandalwood, latex of *babbūla* tree, *priyangu*, seeds of *jambū*, stone of mango, *mustaka*, caraway, *guḍūcī*, *indrayava*, *mocarasa* and *lauha bhasma*.

Process of Drug-Making: Take 12 gm. measure each of the following: red variety of sandalwood, latex of the *babbūla* tree, *priyangu*, the seeds of *jambū*, the

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stone of mango, *mustaka*, caraway, *guḍūcī*, *indrayava*, *mocarasa* and *lauha bhasma*. Compound them thoroughly and preserve their mix into a glass jar.

Method of use/Administration: Take this *cūrṇa* in doses of 1 gm. along with milk or water.

Therapeutic benefits: Taking this medicine remove the disease *lasikāmeha* (discharge of lymph or chyle through urine) and different kinds of *prameha* (i.e. urinary disorders including diabetes) mellitus. The drug *Candanādi Cūrṇam* is also capable to cure one from such diseases as indigestion, thirst, fever, and anorexia. This medicine suggested by God Śrī Mahesha.

लसीकाख्ये प्रमेहेऽस्मिन् सोमनाथो रसस्तथा । वङ्गेश्वरो हेमनाथो गुडी चन्द्रप्रभाऽभिधा ।।२१।।
श्रीगोपालाह्वयं तैलं पल्लवसारसंज्ञकम् । एवमादीन्यौषधानि बहुमूत्रे प्रमेहके ।।२२।।
अधिकारे तु प्रोक्तानि प्रदेयानि भिषग्वरैः ।।२३।।

21-23. Two get cure from *lasikāmeha* one can also take the following medicine suggested in the chapters connected to *prameha* (i.e. urinary disorders including diabetes) mellitus '*Somanātha*, *Vnāgaśvara*, *Candraprabhā Gudi*, *Śrī Gopala Taila*, *Pallava Saraha Taila* and the like'.

पथ्यापथ्यानि–

ओदनं रक्तशालीनां यवान्नं मुद्गमेव च । वास्तूकमपि वेत्राग्रं कर्कोटी कदलीफलम् ।।२४।।
पालक्यादीनि शाकानि निवासो हिमवत्स्थले । सुस्थचित्तत्वमेतानि हितानि तु प्रयत्नतः ।
सेवेत हि लसीकाख्यमेहयुक्तः पुमान् सदा ।।२५।।
अन्नं गुर्वप्यभिष्यन्दि मत्स्यं मांसं परिश्रमम् । अत्यर्थगमनं चाग्नयातपयोश्च निषेवणम् ।।२६।।
परित्यजेत् प्रयत्नेन स्वास्थ्यसंपत्तिकाम्पया ।।२७।।

24-27. In the cases of *lasikāmeha* the following are useful diets: cooked rice of the *śāli* variety, the bread of *yava* flour, the kidney beans, the leaves of *vāstuka* and *vetra*, *cucurbit* (squash gourd) and the leaves of spinach. Staying in the hill stations and staying cheerful is also good for the patient. The heavily digestible foods, meats of different kinds and fishes are to be avoided by the patient of *lasikāmeha*. He should also avoid long and difficult walking.

इति भैषज्यरत्नावल्यां विशिष्टरोगाधिकारे लसीकामेहचिकित्साप्रकरणम् ।।९१।।
इति भैषज्यरत्नावल्यां विशिष्टरोगाधिकारे 'विद्योतिनी' नामिकायां भाषाटीकायां लसीकामेहचिकित्साप्रकरणम् ।।९१।।

End of the Chapter 91 of Bhaiṣajya Ratnāvalī with Commentary

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अथ ध्वजभङ्गचिकित्साप्रकरणम् ९२

Chapter 92

Treatment of the *Dhvajabhanga* (A Kind of Impotency)

तत्र क्लैब्यस्य लक्षणम्–

क्लीबः स्यात् सुरताशक्तस्तद्भावः क्लैब्यमुच्यते ।।१।।

1. The weakness and dysfunction of the sexual organs among men is called *Dhvajabhanga*, i.e. a kind of impotency. It may develop owing to such reasons as excessive masturbation in young age, indulging in unnatural intercourses and over-occupation in matters pertaining to sexual activities.

क्लीबलक्षणम्–

नमूत्रंफेनिलंयस्य विष्ठा चाप्सु निमज्जति । मेढ्रश्चोन्मादशुक्राभ्यां हीनः स क्लीब उच्यते ।।२।।

2. The sign and symptoms of the indisposition can be traced if one is passing urine without producing bubbles in it and/or if the stool passed by one gets submerged in water. The person having this ailment is unable to get sexually excited and erect his penis even after such stimuli as touch of the breasts of young ladies.

क्लैब्यस्य निदानम्–

तच्च सप्तविधं प्रोक्तं, निदानं तस्य कथ्यते । तैस्तेर्भावैरहृद्यैस्तु रिरंसोर्मनसि क्षते ।।
ध्वजः पतत्यधो नृणां क्लैब्यं समुपजायते ।।३।।

3. If a person is unable to attain the erection of his sexual organs in spite of various stimuli as suggested above, if he is not acquiring organal capacity to fecundate the female even after stimulating conditions around him, this indisposition is identified as *kalaivya* or impotency. This impotency has been described as to be of seven varieties.

मानसक्लैब्यहेतुः–

द्वेष्यस्त्रीसम्प्रयोगाच्च क्लैब्यं तन्मानसं स्मृतम् ।।४।।

4. Mental Impotency:

The forceful intercourse with an unwilling female leads to the indisposition termed as '*mānasika kalaivya*' or mental impotency.

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पित्तजक्लैब्यहेतुः–

कटुकाम्लोष्णलवणैरतिमात्रोपसेवितैः । पित्ताच्छुक्रक्षयो दृष्टः क्लैब्यं तस्मात् प्रयोज्यते ।।५।।

5. Pitta generated impotency:

Excessive intake of citrus, bitter, hot and salty ingredients as meals and drinks agitates the *pitta doṣa* of the body. It causes the loss of sperms. This condition is called *pitta* generated impotency.

शुक्रक्षयजक्लैब्यहेतुः–

अतिव्यवायशीलो यो न च वाजीक्रियारतः । ध्वजभङ्गमवाप्नोति स शुक्रक्षयहेतुकम् ।।६।।

6. Śukra-kṣayaja Impotency:

The man who is engaged in sexual intercourse all the time and who has lost his sperms (*śukra*) due to its excessive discharge becomes unable to arouse his sexual organs after some time. He is unable to erect fully even after taking aphrodisiac materials. This loss of potency is referred to as the *śukra kṣayaja* impotency.

मेढ्ररोगजक्लैब्यहेतुः–

महता मेढ्ररोगेण चतुर्थी क्लीबता भवेत् ।।७।।

7. Medhra Rogaja Impotency:

This signifies the indisposition wherein the penis of the patient is enlarged and fattened owing to the disease of syphilis and deposition of pus in it.

उपघातजक्लब्यहेतुः–

वीर्यवाहिसिराच्छेदान्मेहानानुन्नतिर्भवेत् । तत्तूपघातजं क्लैब्यं पञ्चमं समुदीरितम् ।।८।।

8. Upaghātaja Impotency:

This indisposition is caused due to some injury in the soft parts of the penis leading to damage to the channels passing the sperm. Such damage will not allow proper sensation of the male organ.

शुक्रस्तम्भजक्लैब्यहेतुः–

बलिनः क्षुब्धमनसो निरोधाद् ब्रह्मचर्य्यतः । षष्ठं क्लैब्यं स्मृतं तत्तु शुक्रस्तम्भनिमित्तजम् ।।९।।

9. Śukrastambhaja Impotency:

The person who is practicing *brahmacarya* (austerities, particularly a strict avoidance to matters pertaining to sexual connotations), or who is following rigorous exercises of body-building sometimes withhold his sperms. This

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intentional withholding could lead to a situation when even after being filled with desire one is not in a physical position to copulate a female. The *śukrastambhaja* type of impotency is identified with such indisposition.

सहजक्लैब्यहेतुः–

जन्मप्रभृति यत्क्लैब्यं सहजं तद्धि सप्तमम् ।।१०।।

10. Natural Impotency:

The male who has been born with a small and symbolic penis only is identified as having this type of impotency.

साध्यासाध्यते–

असाध्यं सहजं क्लैब्यं मर्मच्छेदाच्च यद्भवेत् । तथा तात्कालिकं साध्यं याप्यं स्याच्चिरकालिकम् ।।११।।

11. The natural impotency and the *upaghātaja* impotency suggested above are unable to be cured. However, other types of impotency can be cured.

ध्वजभङ्गचिकित्सा–

क्लैब्यानामिह साध्यानां कार्यो हेतुविपर्ययः । मुख्यं चिकित्सितं यस्मान्निदानपरिवर्जनम् ।।१२।।

12. Treatment of impotency:

For the five types of curable impotency as indicated above, the best method to get cured is to follow the line that is contrary to the causes of the indisposition. Methods like taking the aphrodisiac and sperm-promoting drugs become effective only when the indisposed does not follow the courses that produce his impotency.

विलासिनीवल्लभरसः–

कर्षोन्मितः पारदः स्याद् गन्धकोऽपि च तत्समः । कर्षद्वयं च धुस्तूरबीजमेकत्र मर्दयेत् ।।१३।।
धुस्तूरबीजतैलेन पिष्ट्वा सर्वं यथाविधि । वल्लद्वयप्रमाणेन सेवनीयो रसोत्तमः ।।१४।।
विलासिनीवल्लभाह्वः सितायुक्तो निरन्तरम् । अयं मेहसमूहघ्नो वीर्यबन्धकरः परः ।
कामिनीनां च दर्पघ्नो मुनिभिः समुदीरितः ।।१५।।

13-15. Vilāsinī Vallabha Rasa:

Ingredients: Purified mercury, sulphur, seeds of *dhatūra*, oil obtained from the seeds of *dhatūra* and raw sugar.

Process of Drug-Making: Take purified mercury and sulphur measuring 12 gm. each and the seeds of *dhatūra* measuring 24 gm. Process them through a mortar treating the mix with the oil obtained from the seeds of *dhatūra*.

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Method of use/Administration: This medicine should be taken in doses of 500 mg. along with raw sugar.

Therapeutic benefits: This cures one from all kinds of *prameha* (i.e. urinary disorders including diabetes) and is a great aphrodisiac *rasāyaṇa*. The learned physicians have suggested that it overpower the females filled with desire.

मदनकामदेवरसः–

रजतं हीरकं स्वर्णं रविः सूतश्च गन्धकः । अयश्च क्रमवृद्धानि कुर्यादेतानि मात्रया ।।१६।।
विमर्द्य कन्यास्वरसैः काचकूप्यां निधापयेत् । विमुद्र्य तां तु यत्नेन मृद्भाण्डे सैन्धवैर्भृते ।।१७।।
संस्थाप्य विधिना तस्य मुखसन्धिं निरुद्ध्य च । ततश्चुल्यां च संस्थाप्य दिनैकं मन्दवह्निना ।।१८।।
पक्त्वा यथाविधि पुनः स्वाङ्गशीतं तमुद्धरेत् । ततः संचूर्ण्य तं चार्कपयसैव विभावयेत् ।।१९।।
हयगन्धा च काकोली कपिकच्छुः शतावरी । मुशली कोकिलाक्षश्च रसैरेषां पृथक् पृथक् ।।२०।।
भावयेच्च त्रिधा पश्चात्पद्मकन्दकसेरुजैः । रसैश्चापि पृथक् कार्या भावनाऽप्येकधा ततः ।।२१।।
कर्पूरव्योषकस्तूरीकक्कोलैलालवङ्गकम् । पूर्वचूर्णादष्टमांशमेतच्चूर्णं विमिश्रयेत् ।।२२।।
सर्वतुल्यां सितां चैव मिश्रयित्वा निधापयेत् । शाणोन्मितं पिबेद्द्रव्यपयसा द्विपलेन हि ।।२३।।
मधुराहारनिरतो नरस्त्वस्य प्रभावतः । बलसौन्दर्यतेजोभिर्युक्तो नारीरनेकशः ।।
भजमानोऽपि लभते बलहानिं न जातुचित् ।।२४।।

16-24.Madanakāmadeva Rasa:

Ingredients: *Bhasmas* (oxydums) of silver, diamond, gold, copper, purified mercury, purified sulphur, *lauha bhasma*, juice of *ghṛitakumārī* plant, latex of plant *arka* (*madāra*), juices of *aśvagandhā*, *kākolī*, *kapikachu*, *śatāvarī*, *muśalī*, *kokilākṣa*, juices of *kamalakanda*, *kaṣeru*, camphor, dried ginger, pepper, black pepper, *kastūrī*, *kakkola*, smaller cardamom, clove and raw sugar.

Process of Drug-Making: Take the *bhasmas* (oxydums) of silver (12 gm.), diamond (24 gm.), gold (36 gm.), and copper (48 gm.), purified mercury (60 gm.), purified sulphur (72 gm.) and the *lauha bhasma* (84 gm.). Treat all these drugs (336 gm.) in the juice of *ghṛitakumārī* plant and process the mix through a mortar. Preserve the medicine in a glass jar and fix the same into an earthen pot that is filled with rock salt. Close the mouth of pot tightly and cook it on a slow heat for one day. Then remove the pot from stove and allow it to get cold. Obtain the preparation from the glass jar and a *kalka* out of these drugs. Process this *kalka* through *bhāvanā* method using the latex of plant *arka* (*madāra*). After this is completed, process the preparation through the *bhāvanā* method using following liquids separately and in succession: the juices of *aśvagandhā*, *kākolī*, *kapikachu*, *śatāvarī*, *muśalī* and *kokilākṣa*. Repeat the whole process for three consecutive

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times. After that again administer the *bhāvanā* process over the preparation using the juices of *kamalakanda* and *kaṣeru* separately. Finally, add to it 36 gm. and a half measure of the mixture of the powders of the following (each taken in equal parts): camphor, dried ginger, pepper, black pepper, *kastūrī*, *kakkola*, smaller cardamom, and clove. Process the preparation through a mortar and mix 378 gm. measure of raw sugar into the same.

Method of use/Administration: This medicine should be taken in doses of 4 gm. along with cow milk measuring 96 ml. After this the patient should take tasteful dishes.

Therapeutic benefits: This medicine is great aphrodisiac *rasāyaṇa*. By taking it daily one becomes smart and attractive. He does not lose strength and stamina even after indulging in sexual intercourse time and again.

राक्षसरसः–

विशुद्धसूतं पलयुग्मसंमितंचाङ्कोटनीरेण विभावितं पुनः ।
दृढं च घस्त्रत्रितयं विमर्द्दसमानगन्धेन पुनर्विमर्दयेत् ।।२५।।
यदाऽञ्जनाभस्तुभवेत्तदा पुनश्चाङ्कोटनीरेण विभावयेद्भिषक् ।
सद्योहतच्छागलमांसमध्ये संस्थाप्य तल्लोहितवह्निवारा ।।२६।।
तुल्येन संमुद्रय च तालमूलीनिर्यासकेनापि च मांसपिण्डम् ।
तदन्यमांसस्यच पिण्डमध्ये पुनश्च संस्थाप्य च माषपिष्ट्या ।।२७।।
संलिप्यगाढंपरितोऽतियत्नात्तत्तप्ततैलेच निवेश्य चुल्ल्याम् ।
मन्दानलेनैव च पाचनीयंकृतावधानैर्भिषजां वरैस्तु ।।
पञ्चाक्षरंचात्रमनुंजपेच्च ध्यात्वाऽपि देवीं प्रयतो रसेश्वरीम् ।।२८।।
ततः सिन्दूरतुल्याभं सिद्धं वटकसमुद्धरेत् । अष्टोत्तरसहस्त्रं च जप्त्वा पञ्चाक्षरं मनुम् ।।२९।।
सिद्धाद्वटकतो यत्नाद्रसं निष्कासयेच्छनैः । ततः शुभमुहूर्त्ते तु भिषजं सद्द्विजानपि ।।३०।।
संतोष्यंरक्तिकोन्मानंमधुसर्पिःसमन्वितम् । भक्षयित्वा रसं चानुपिबेद् दुग्धं सितान्वितम् ।।३१।।
रसायनोचितं भोज्यं यथेष्टं चापि भक्षयेत् । कषायं च कटुं यत्नाद्रसं सेवेत न क्वचित् ।।३२।।
अनेनविधिनायस्तुशीलयेन्मानवो रसम् । स कामदेवसदृशो भूत्वा वरस्त्रीणां शतं सदा ।।३३।।
सहस्त्रमपि कामान्धो भोक्तुं शक्तो भवेदपि । यदि व्यवायं नो कुर्यात्तर्हि तद्रेत एव हि ।।३४।।
स्फुटित्वा नयनं यायात्तस्मान्मैथुनमाचरेत् । सेवनाद्राक्षसरसस्यास्य संजायते नरः ।।
अनङ्गसदृशः कामी कश्चिदत्र न संशयः ।।३५।।

25-35. Rākṣasa Rasa:

Ingredients: Purified mercury, juice or decoction of *ankola*, purified sulphur, a piece of freshly killed goat, latex of plant *muśalī* treated with the juice of *citraka* and *kalka* of flour of *urada* beans.

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Process of Drug-Making: Take purified mercury measuring 96 gm. and process it through *bhāvanā* method along with the juice or decoction of *ankola* for three consecutive days. Add purified sulphur measuring equal to the preparation. Prepare *kajjalī* out of the compound and churn the same again with the juice or decoction of *ankola*. Obtain meat of freshly killed goat. By making some hole into the meat place the compound inside. Wrap the ball of this meat with the latex of plant *muśalī* treated with the juice of *citraka*. Place this wrapped ball of meat inside another ball of meat (of freshly killed goat). Coat the exterior of other ball with *kalka* of flour of *urada* beans. Put this ball into hot oil and cook the same on a slow heat. Chant the *pañcākṣarī* spells and concentrate upon the goddess Rāseśeśvarī. When the ball becomes reddened in frying pan then chant the *pañcākṣari* spells for 1008 times and remove the ball from pan in some auspicious moment. Remove the wrappers and bring out the medicine. Now express veneration to the able *brahmanas* and priests and start taking the medicine.

Method of use/Administration: Take the drug in doses of 125 mg. each along with honey and *ghṛitam* in 1:2 ratio before meals. As an *anupāna* of that take milk treated with raw sugar. Take the meals that are compatible to the aphrodisiac requirements, and in proper quantity. While following the courses of this medicine one should not take bitter and citrus items of food and drink.

Therapeutic benefits: By taking this drug, a man becomes attractive and powerful like the cupid. He can indulge in sexual intercourse with hundreds of women. If he after taking this medicine does not make love, his sperms get agitated and come out through his eyes. Therefore, after following the course of the medicine, one must do so. This '*Rākṣaśa Rasa*' medicine makes human being like the cupid himself, without doubt.

कन्दर्पसुन्दररसः–

सूतो वज्रमहिर्मुक्ता तारं हेम सिताभ्रकम् । रसैः कर्षांशकानेतान् मर्दयेदिरिमेदजैः ।।३६।।
प्रवालं चूर्णं गन्धस्य द्विद्विकर्षं विमिश्रयेत् । प्रवालं चूर्णं गन्धस्य विमर्द्य मृगशृङ्गके ।।३७।।
क्षिप्त्वा मृदुपुटे पक्त्वा भावयेद्धातकीरसैः । काकोली मधुकं मांसी बलात्रयबिसेङ्गुदम् ।।३८।।
द्राक्षापिप्पलिबन्दाकं वरी पर्णीचतुष्टयम् । परूषकं कशेरुश्च मधूकं वानरी तथा ।।३९।।
भावयित्वा रसैरेषां शोषयित्वा विचूर्णयेत् । एलात्वक्पत्रकं मांसी लवङ्गागुरुकेशरम् ।।४०।।
मुस्तं मृगमदं कृष्णां जलं चन्द्रं व मिश्रयेत् । एतच्चूर्णैः शाणमितै रसं कन्दर्पसुन्दरम् ।।४१।।
खादेच्छाणमितं रात्रौ सिता धात्री विदारिका । एतेषां कर्षचूर्णेन सर्पिष्कर्षेण संमितम् ।।४२।।
तस्यानु द्विपलं क्षीरं पिबेत्सुखितमानसः । रमणी रमयेद्वह्नीर्न हानिं क्वापि गच्छति ।।४३।।

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36-43. Kandarpa Sundara Rasa:

Ingredients: Purified mercury, *hīraka bhasma*, *abi* (lead) *bhasma*, *muktā bhasma*, *rajata bhasma*, *svarṇa bhasma*, white *abhraka bhasma*, decoction of catechu, purified sulphur, *bhasma* of *pravāla*, horn of a deer, decoction or juice of flowers of *dhātakī* plant, *kākolī madhuka*, *mānsī*, three *balās*, *iñgudi*, *drākṣā*, *pippalī*, *bandāka*, *śatāvarī*, *śālaparṇī*, *pṛiśniparṇī*, *mudgaparṇī*, *māṣaparṇī*, *paruṣaka*, *kaṣeru*, *madhuyaṣṭī*, *vānarī*, smaller cardamom, cinnamon bark, cassia leaves, *mānsī*, clove, *agara*, *nāgakeśara*, *mustaka*, musk, pepper, *netrabālā* and camphor.

Process of Drug-Making: Obtain 12 gm. measure each of the purified mercury, *hīraka bhasma*, *abi* (lead) *bhasma*, *muktā bhasma*, *rajata bhasma*, *svarṇa bhasma* and white *abhraka bhasma*. Process them through a mortar along with the decoction of catechu that has bad smell. Add to the compound purified sulphur and *bhasma* of *pravāla* measuring 24 gm. each. Place the preparation inside a horn of deer and close its mouth with cloths wet in soil. Heat up the horn along with medicines through *puṭa* method. After removing out the medicine from *puṭa* pot, process the same through *bhāvanā* manner using the decoction or juice of the following herbs separately: the flowers of *dhātakī* plant, *kākolī*, *madhuka*, *mānsī*, the three *balās*, *iñgudi*, *drākṣā*, *pippalī*, *bandāka*, *śatāvarī*, *śālaparṇī*, *pṛiśniparṇī*, *mudgaparṇī*, *māṣaparṇī*, *paruṣaka*, *kaṣeru*, *madhuyaṣṭī*, and *vānarī*. Dry the final outcome of the drug under sun. After that powder the preparation and add to it the mixture of the powder of the following herbs: smaller cardamom, cinnamon bark, cassia leaves, *mānsī*, clove, *agara*, *nāgakeśara*, *mustaka*, musk, pepper, *netrabālā* and camphor each measuring 4 gm.

Method of use/Administration: Take this medicine named *Kandarpa Sundara Rasa* in doses of 4 gm. measure in evening time along with the powder of raw sugar, *āmalakī* and *vidārīkanda* measuring 12 gm. together as well as *ghṛitam* (clarified butter) measuring 12 gm. After that one should drink milk measuring 96 ml.

Therapeutic benefits: The use of this medicine equips one with great aphrodisiac power that do not decrease even after indulging in intercourse with several women.

वीर्यसंस्तम्भकः सूतः–

शुद्धं सूतमिषुप्रतोलकमितं गन्धं तथा शुद्धिमत् पञ्चाक्षं परिगृह्य संयतमुखां शक्तिं समुद्धाट्य ताम् ।

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तत्कीटं परिहृत्य शुक्तिजठरादन्तःक्षिपेद्गन्धकं प्रोक्तस्यार्द्धमथान्तरे विनिहितं सूतं समस्तं ततः ।।४४।।
सूतस्योपरि शेषगन्धकरजः प्रक्षिप्य तन्मध्यगंसूतं शुक्तिकयाऽन्ययोपरिगया संमुद्र्य मृद्वस्त्रकैः ।
तां शुक्तिं परिशोष्य सूर्यकिरणात्संदीयतेऽग्निस्तुषैर्धान्यानां गजसंज्ञके वरपुटे तत्स्वाङ्गसंशीतलम् ।।
संचूर्ण्यांशुकगालितं किल भवेद् गुञ्जोन्मितं पुष्टिकृद् । रेतःस्तम्भनकृत्पयोऽनु च पिबेत्सायं सितासंयुतम् ।।४५।।

44-45. Vīryasamstambhaka Sūta:

Ingredients: Purified mercury, sulphur and *seep* (mother of pearls).

Process of Drug-Making: Get powder of purified mercury and sulphur measuring 60 gm. each. Obtain a *seep* (mother of pearls) and remove the worm inside the same. Place half portion of the sulphur powder into the mouth of the *seep*. After that place the mercury over the sulphur. Take the rest of sulphur and place that above the layer of mercury. Close the mouth of the *seep* and heat up the same in *gajaputa* system using the husk of paddy as fuel. When the fire is pacified and the drug is no longer hot or warm remove the same.

Method of use/Administration: Take 125 mg. dose of the drug along with milk treated with sugar.

Therapeutic benefits: This medicine provides nutrition to the body and equips one with great sexual stamina.

सौगतगुटिका–

पारदगन्धकचम्पककेशरकुङ्कुमलवङ्गकरहाटाः। अजमोदाम्बुधिशोषौजातीपत्रं च जातिफलम् ।।४६।।
प्रत्येकंभागैकंभागद्वितयंचशुद्धमहिफेनम् । तेनबदरसमगुडिका कार्या मधुनाऽथ भक्षयेदेकाम् ।।४७।।
यामेऽतीते ललनासविधे स्थित्वा यमानिकाकर्षम् । तैलार्द्धं भुञ्जीयादनुपानं चैतदेतस्य ।।४८।।
लिङ्गं कठिनतरंस्याद्वीर्यस्तम्भंभवेद्यामम् । एषा सौगतगुटिका सत्यं सत्यं च वीर्यरोधकरी ।।४९।।

46-49. Saugata Guṭikā:

Ingredients: Purified *pārada*, purified *gandhaka*, *nāgakeśara*, *keśara*, clove, *akarkarā*, *ajamodā*, *samudra śoṣa*, *jātīkoṣa*, *jātīpatra* and purified opium.

Process of Drug-Making: Get 1 part each of purified *pārada*, purified *gandhaka*, *nāgakeśara*, *keśara*, clove, *akarkarā*, *ajamodā*, *samudra śoṣa*, *jātīkoṣa* and *jātīpatra* along with two parts of purified opium. Churn them together and make pills of the size of stone of jujube fruit.

Method of use/Administration: One pill should be taken with honey in the evening hours. After three hours it should be taken in doses of 12 gm. again with oil of caraway seeds.

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Therapeutic benefits: It helps the user to remain charged for three hours during copulation (he discharges after that only).

कामदेवरसः–

सूतो माषमितः स्वदोषरहितस्तत्तुर्यभागो बलिस्तन्मानस्तु भुजङ्गफेन उदितः क्षुद्राफलस्याम्बुना ।
एतद्गोलकमाकलय्य विपचेत्क्षुद्राफले हेमगे लावैरष्टमितैर्भवेदिति रसः श्रीकामदेवाभिधः ।।५०।।
मात्रा सूर्योदये गुञ्जा चैका यामचतुष्टये । गुञ्जाचतुष्टयं नागवल्लीदलरसान्वितम् ।
दुग्धौदनं सलवणं रात्रौ क्षीरं यथेच्छया ।।५१।।

50-51. Kāmadeva Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, purified opium, juice of lesser *vyāghrī* and fruits of *dhustūra*.

Process of Drug-Making: Take purified *pārada* (1 gm.) and 4 gm. each purified *gandhaka* and purified opium. Triturate them together along with juice of lesser *vyāghrī*. Prepare a lump out of the compound and place the same inside fruits of *dhustūra*. It should be cooked through *kukkuṭa puṭa* method.

Method of use/Administration: This drug is to be taken after sunrise at interval of every three hours in doses of 125 mg. each. Thus, it should be taken four times every day.

Therapeutic benefits: It helps one to remain erected for a long time. The user should avoid salts and take only milk and rice. In the evening, he should take milk in desired quantity.

वीर्यस्तम्भकलेपः–

सूतटङ्कणकर्पूरं तुल्यं मुनिरसं मधु । संमर्द्य लेपयेल्लिङ्गं स्थित्वा यामं तथैव च ।।५२।।
ततः प्रक्षाल्य रमयेद्वनितानां शतं सुखम् । वीर्यस्तम्भकरं पुंसां सम्यङ् नागार्जुनोदितम् ।।५३।।

52-53. Vīryastambhaka Lepa:

Ingredients: Purified *pārada*, *tañkaṇa*, camphor, juice of *agastya* plant and honey.

Process of Drug-Making: Obtain equal parts of purified *pārada*, *tañkaṇa* and camphor. Triturate them together along with juice of *agastya* plant and honey.

Method of use/Administration: The preparation is coated over the penis. After washing the coating, the user should indulge in copulation only after three hours.

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Therapeutic benefits: This is a great aphrodisiac drug suggested by *Nāgārjuna*.

मदनतैलम्–

शुष्कगण्डूपदभवं शुद्धभल्लातकोद्भवम् । जातीफलसमुद्भूतं चाकारकरभोत्थितम ।।५४।।
मृगधूलिमयं चूर्णं प्रत्येक शाणमात्रकम् । वातादफलतैलन्तु ग्राह्यं द्विकुडवोन्मितम् ।।५५।।
सर्वं च मसृणे खल्ले दृढे गाढं विमर्दयेत् ।।
ततो विस्तीर्णमुख्यां तु काचकूप्यां निधाप्य च । तन्मुखं रोधयेद् यत्नाद् मासमेकं सुरक्षिते ।।५६।।
स्थाने रक्षेत्तदूर्ध्वं तु निर्मलं तैलमुत्तमम् । ग्राह्यं युक्त्योपरिस्थं तु पूतं किट्टविवर्जितम् ।।५७।।
अस्य संमर्दनाल्लिङ्गे ध्वजभङ्गो विनश्यति । अवैधमैथुनादिभ्यो जायमानो न संशयः ।।५८।।

54-58. Madana Tailam:

Ingredients: Dried earthworm, purified *bhallātaka* fruit, *jātīphala*, *akarkarā*, *kastūrī* and almond oil.

Process of Drug-Making: Get 4 gm. measure powder each of dried earthworm, purified *bhallātaka* fruit, *jātīphala*, *akarkarā* and *kastūrī*. Triturate them together along with almond oil measuring 384 ml. Obtain the preparation and fill it in a glass bottle and properly dot it. Place the bottle inside a heap of paddy for one month. After that, it should be removed and the upper portion of the medicine should be obtained. The bottom silt is to be avoided.

Method of use/Administration: This medicinal oil is coated over the penis.

Therapeutic benefits: It eliminates the disease called *dhvajabhanga* (early discharge) and implications caused due to unnatural sexual activities as well as impotency caused by shock.

ध्वजभङ्गौषधनामानि–

अधिकारे तु सम्प्रोक्तो वाजीकरणनामके । स्वल्पो तथा बृहच्चन्द्रोदयादिमकरध्वजौ ।।५९।।
सिद्धसूतः पञ्चशरः कामदीपक एव च । कामिनीपदसंयुक्तदर्पघ्नो रस उत्तमः ।।६०।।
कामाग्निसन्दीपनोऽपि पुष्पधन्वा रसस्तथा । पूर्णचन्द्रस्तथा सिद्धशाल्मलीकल्प एव च ।।६१।।
एवंविधा रसाश्चान्ये प्रयोज्याश्च यथाविधि । त्रिकण्टकाद्यश्चपि श्रीमदनानन्दनामकः ।।६२।।
मोदकौ च रसालाऽपि योजनीया भिषग्जनैः । अश्वगन्धाऽमृतप्राशघृते साधुविनिर्मिते ।।६३।।
श्रीगोपालाभिधं तैलं पल्लवसारनामकम् । तैलं महाचन्दनादि सेवनीयं प्रयत्नतः ।।६४।।
एवंविधान्यौषधानि यथादोषानुसारतः । प्रयोज्यानि विचार्यैव ध्वजभङ्गामये सदा ।।६५।।

59-65. In the indisposition called *dhvajabhanga*, the patient should use the following medicines (both minor and their major varieties) suggested in the chapter *Vājikaraṇa* (Chapter 74): *Candrodaya Makaradhvaja*, *Sidhasūta*,

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Pañcaśara, *Kāmadīpaka*, *Kāminīdarpaghna*, *Kāmāgni Sandīpana*, *Puṣpa Dhanvā*, *Pūrṇacandra*, *Sidha Śālmali Kalpa* and the like *Rasa* based medicines. He could also take *Tṛikañṭakādya* and *Śṛimadanānanda Modaka*, *Rasāla*, *Aśvagandhā Ghṛitam*, *Amṛitaprāśa Ghṛitam*, *Śṛī Gopāla Tailam*, *Pallavasāra Tailam*, *Mahācandanādi Tailam* and the like. The user should also consider the *doṣas* in context.

ध्वजभङ्गे पथ्यम्–

शालिषष्टिगोधूममसूरचणकादयः । नवनीतं च दुग्धं च सुरा सीधुश्च वर्त्तकः ।।६६।।
चटकः कुक्कुटश्चैव तित्तिरिर्हरिणस्तथा । शशकच्छागयोरेषां पललानि मृदूनि तु ।।६७।।
द्राक्षाखर्जूराम्रजम्बूदाडिमानां फलानि च । पथ्यान्येतानि प्रोक्तानि ध्वजभङ्गगदे बुधैः ।।६८।।

66-68. In cases of *dhvajabhanga*, the following are considered to be beneficial: rice (*śāli* and *ṣaṣṭhi* types), wheat, *masūra*, grams, butter, milk, *surā*, *sīdhu*, meats of duck, sparrow, hen, partridge, deer, rabbit and goat and fruit like grapes, date fruits, mango, *jambū* and pomegranate.

इति भैषज्यरत्नावल्यां विशिष्टरोगाधिकारे ध्वजभङ्गचिकित्साप्रकरणम् ।।९२।।
इति भैषज्यरत्नावल्यां विशिष्टरोगाधिकारे 'विद्योतिनी' नामिकायां भाषाटीकायां ध्वजभङ्गचिकित्साप्रकरणम् ।।९२।।

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अथ वृक्करोगचिकित्साप्रकरणम् ९३

Chapter 93

Treatment of the *Vṛikka Roga* (Diseases of Kidney)

वृक्करोगस्य निदानम्–

प्रायेण शैत्यस्य विशेषयोगाद्वृक्कद्वये वृक्कगदोऽभिजायते ।
मसूरिकायां च विसूचिकायांकिंवाऽऽमवाते चिरजे ज्वरेऽपि वा ।।
उपद्रवत्वेन गृहीतजन्मा भवेदसौ चेति मतं बुधानाम् ।।१।।

1. Generally due to impact of cold on the kidney the kidney gets diseased. As a result of it such diseases as the small pox, dysentery, *vāta roga* and chronic fever also attacks the patient.

विशेषतो वृक्करोगो रक्तस्य परिवर्त्तनात् । नराणां जायते देहे भिषजामिति निर्णयः ।।२।।

2. Wise physicians suggest that diseases of kidney also occur due to particular changes in the body.

तस्य पूर्वरूपम्–

निद्रानाशो वह्निमान्द्यं च शोथोनेत्रे चास्येषादयोर्वृक्करोगे ।
नाडीस्तब्धावेगमुक्ताथचोष्णात्वाचं रौक्ष्यं पूर्वरूपं प्रदिष्टम् ।।३।।

3. The signs and symptoms of the early stage of disease include improper sleeps, loss of digestion, pallor of the body and edema particularly around the eyelids, pain in the mouth and the legs, excessive circulation of blood leading to the increased speed of the veins and their getting hot and stuck, dryness of the skin.

रोगावस्थायां वृक्कयोः स्वरूपम्–

वृक्कद्वन्द्वे रोगयुक्ते भवेतांस्थौल्यं तद्वन्मार्दवं चापि नूनम् ।
द्वैगुण्यं चाकारमध्ये सिराणामुच्छूनत्वं तत्र संदृश्यतेऽपि ।।४।।
नाडीमध्यगतस्यापि द्रवस्य बहुसञ्चयः । तथा मूत्रं दधानायाः कलायाः क्षरणं परम् ।।५।।

4-5. The occurrence of *vṛikka roga* leads to the enlargement of the kidney as both of its parts get double in size, and get softened. The veins connected to the kidney also get doubled due to deposition of blood and a liquid substance fills up its channels. The membranes holding the urine are also destroyed and consequently there is excessive passage of urine.

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तस्य लक्षणम्–

छर्दिः शोथो वेदना चापि सर्वेष्वङ्गेष्वद्धा शीर्षशूलं ज्वरश्च ।
रक्तह्रासात्पाण्डुवर्णत्वमास्ये स्वेदाभावस्त्वाचरौक्ष्याग्निमान्द्ये ।
पीडा कट्यां चोदरे वृक्कदेशे नाडी नूनं वेगयुक्ता भवेच्च ।।६।।
मूत्रं शश्वद्बिन्दुरूपेण चोष्णं पीडायुक्तं वृक्करोगे स्रवेद्वै ।
एवं तीव्रं लक्षणं वृक्कयुग्मे जातुस्यादेवाश्मरीयोगतोऽपि ।।७।।
शिश्नस्याग्रे जायते चातिपीडा मूत्रं रक्तेनान्वितं स्यात्कदाचित् ।।८।।
शैत्योपेतं पाणिपादं भवेद्वै दाहश्चाल्पो मूत्रकाले ध्वजाग्रे ।
वृक्कद्वन्द्वे कार्यशैथिल्यहेतोर्घोरैःस्वैःस्वैर्लक्षणैर्लक्ष्यमाणः ।
रोगः प्लीह्नो हृद्यकृत्संभवोनुर्वृक्कग्रस्तस्येतिचिह्नं प्रदिष्टम् ।।९।।
नादः कर्णे नेत्ररोगो ध्वजोत्थो भङ्गः शाखागौरवं चापि मूर्च्छा ।
अंसे ग्रीवायां च मूर्ध्नि प्रपीडा मोहो लिङ्गान्येवमेतानि च स्युः ।।१०।।

6-10. The mature stage of the kidney disease include the following signs and symptoms: vomiting, edema, pain all over the body, headache, fever, loss of blood leading to yellowness of the body, absence of sweating, dryness of skin, loss of indigestion, severe pain in the kidney, stomach and back, speedy circulation of blood in veins, painful discharge of urine that is hot and little in quantity, passing of urine drop by drop and with difficulty, discharge of blood along with urine, excessive pain in the tip of the penis, coldness over the hands and legs, burning sensation in the penis at the time of discharging urine, dysfunction in the kidney leading problems of heart and spleen, feeling of sound in the ears, disorders in the eyes; impotency (the penis is unable to erect), heaviness in the hand and legs, fainting, pain in the head, neck and shoulders, less of appetite, excessive thirst and the like.

उपद्रवाः–

मूर्च्छाकासःफुफ्फुसभित्तौश्वयथुस्तथाह्युरस्तोयः। सलिलोदरश्चतद्वन्मूत्रविषस्यसंक्रमणमध्यस्त्रम् ।।११।।
अधिवृक्करोगमेते ननु भवन्त्युपद्रवा विशेषेण ।।१२।।

11-12. The implications of the kidney diseases lead to such diseases as fainting, bronchitis, edema in both of the lungs, dropsy, discharge of blood with urine, pleurisy, and the like.

चिकित्साक्रमः–

आदौ तु भिषजा कार्यं विचार्यैव विधानतः । रक्तसम्मोक्षणं रोगिरोगयोस्तु बलाबलम् ।।१३।।

13. To treat the kidney diseases one should administer the bloodletting therapy after cutting the veins through leeches. However, one should consider the strength

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and weakness of the patient before applying this method. If the patient is very weak, the bloodletting should be performed using leech or thorns. If the patient is strong, his veins could be cut with some surgical instrument.

ततो विरेकः स्वदेश्च तथा मूत्रलमुत्तमम् । रक्तसंशोधनं पुष्टिकृदग्निबलवर्द्धनम् ।।१४।।

14. To treat the cases of kidney disease, the *virecana* (purgation) and *svedana* (fomentation) therapies should be applied properly. One should also take the drugs and meals that help generating large quantities of urine and that purify the blood and provide nutrition to the body and that promote the digestive power.

व्याधिवृद्धिकरत्वात्तु रससिद्धं हि भेषजम् । दूरतः परिवर्ज्यं स्यादित्यायुर्विदुषां मतम् ।।१५।।

15. The wise physicians have suggested that the patient of *vṛikka* (kidney) disease should not take mercury as this material can even aggravate the ailment.

विड्विबन्धे तु संजाते स्नेहवस्तिः शुभावहः । वृक्काश्मर्यां क्रमः सर्वः सुखदस्त्वश्मरीहरः ।।१६।।

16. If the patient finds it difficult to pass stool because of constipation, the oily type of *basti* (enema therapy) should be applied. If the diagnosis of the kidney suggests that a deposition of stone is there, first of all the stone (*aśmarī*) should be removed (through medication).

सर्वतोभद्रावटी–

हेमरौप्याभ्रलौहानि जतु गन्धं च माक्षिकम् । वटीं रक्तिमितां कुर्याद्विमर्द्य वरुणाम्भसा ।।१७।।
वटीयं सर्वतोभद्रा निखिलान् वृक्कजान् गदान् । हरेद्वस्तिभवांश्चापि बलं वीर्यं च वर्द्धयेत् ।।१८।।

17-18. Sarvatobhadrā Vaṭī:

Ingredients: *Svarṇa bhasma*, *rajata bhasma*, *abhraka bhasma*, *lauha bhasma*, purified *śilājatu*, purified sulphur, *svarṇamākṣika bhasma* and decoction of barks of *varuṇa* tree.

Process of Drug-Making: Take 12 gm. measure each of the *svarṇa bhasma*, *rajata bhasma*, *abhraka bhasma*, *lauha bhasma*, purified *śilājatu*, purified sulphur, and *svarṇamākṣika bhasma*. Mix all these drugs together. Treating the mix with the decoction of barks of *varuṇa* tree process the same through a hand mortar for whole day. Prepare pills measuring 125 mg. each out of the mix and dry them under shadow.

Method of use/Administration: Take pills of this *Sarvatobhadra* in morning and evening times.

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Therapeutic benefits: The diseases of kidney and connected complications are cured by this medicine. The drug is a good *rasāyaṇa* and it increases strength and vigour of the patient as well.

माहेश्वरवटी–

गगनं कान्तलौहं च स्फटिकास्वर्णमौक्तिकम् । सहदेवीजटा क्षीरपुष्पी सर्वं समांशकम् ।।१९।।
संपूर्ण्य सितवर्षाभूर्गोक्षुरः शुष्कमूलकम् । एषां क्वाथैस्तु विधिना पृथक् संभाव्य सप्तधा ।।२०।।
गुजाद्वयोन्मिताः कार्या वटिकाः सद्भिषग्जनैः । इयं माहेश्वरीनाम्नी वटिका सेवनाद् ध्रुवम् ।।२१।।
वृक्करोगं च सलिलोदरं पाण्ड्वामयं तथा । विषमज्वरं च शोथं सर्वदेहसमुद्गतम् ।।२२।।
मूर्च्छां च सत्वरं हन्याद् यथा वज्र तु पादपान् । सेवनीयं प्रयत्नेन क्षीरान्नं पथ्यरूपतः ।।२३।।

19-23. Māheśvara Vaṭī:

Ingredients: *Abhraka bhasma*, *kānta lauha bhasma*, purified alum, *svarṇa bhasma*, *muktā bhasma*, roots of *mahābalā*, *kṣīrakākolī*, decoction of *śveta punarnavā*, *gokṣura*, and dried radish.

Process of Drug-Making: Take in equal parts the *abhraka bhasma*, *kānta lauha bhasma*, purified alum, *svarṇa bhasma*, *muktā bhasma*, the roots of *mahābalā*, and *kṣīrakākolī*. Compound them thoroughly and treat them separately with the decoction of *śveta punarnavā*, *gokṣura*, and dried radish for seven consecutive terms using the *bhāvanā* method. Finally make pills measuring 250 mg. out of the preparation.

Method of use/Administration: This drug is called as '*MāheśvaraVaṭī*'. One *vaṭī* (i.e. pill) each should be taken in the morning as well as in evening. While taking this medicine, it is helpful to take light meals like rice.

Therapeutic benefits: This pill is very effective in checking the diseases of kidney, pleurisy, anemia, *viṣam jvara*, edema and fainting. It finishes the diseases as speedily as the *vajra* is capable to cut-down the trees.

रसायनाधिकारोक्ताग्यौषधान्यत्र योजयेत् । न चास्ति शमने किंचिन्निदिष्टमस्य भेषजम् ।।२४।।

24. There is no especial medicine to cure the disease completely. One should take in cases of the kidney diseases, the drugs prescribed in the chapter of *rasāyaṇa*.

कालं बलं च रुग्णानां सुविचार्य विशेषतः । पथ्यैर्बल्यैः सुपाच्यैश्च भिषगेनं प्रयापयेत् ।।२५।।

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25. The life of patient should be protected by regulating his diets as per his strength and as per the strike of ailment and suggested by the experienced physicians, the patient should be given compatible and easily digestible meals.

इति भैषज्यरत्नावल्यां विशिष्टरोगाधिकारे वृक्करोगचिकित्साप्रकरणम् ।।९३।।

इति भैषज्यरत्नावल्यां विशिष्टरोगाधिकारे 'विद्योतिनी' नामिकायां भाषाटीकायां वृक्करोगचिकित्साप्रकरणम् ।।९३।।

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अथ क्लोमरोगचिकित्साप्रकरणम् ९४

Chapter 94
Treatment of the *Kloma Roga*

तत्रादौ क्लोमस्वरूपम्–

अग्न्याशयः संप्रतियः सवैद्यैः क्लोमेतिनाम्नाऽऽधुनिकैर्निगद्यते ।
कुत्रास्ति प्राचीनभिषक्प्रदिष्टंक्लोमेति नाद्याप्यवधारितं हि ।।१।।
निरूप्यतेऽद्धाऽऽधुनिकानुसारिक्लोमस्वरूपं सविशेषरूपम् ।
भागेतुदक्षे हृदयादधः स्यात् क्लोम्नो निवासो विदुषां मतेन ।।२।।
इदं तु नूनं सलिल प्रवाहिसिरैकमूलं लपितं विशेषात् ।
तृष्णासमुत्पादनशालि चायुर्वेदज्ञवृन्दैर्बहुसो निरीक्ष्य ।।३।।

1-3. The *agnyāśaya* (pancreas) is now a day referred by the term '*kloma*' by the physicians. However, it is yet to be located and its identity is yet to be finalized. The references available suggest that this is an organ that is located in the southern [(beneath and left-ward (?)] portion of the heart. Its function is to transport water and to regulate the thirst.

Note: The term '*Kloma*' has been defined variously. Some scholars suggest that *kloma* refers to the pancreas. Some others would suggest that *kloma* is Sanskrit name of 'trachea'. Similarly *kloma* has been identified with pharynx. However, maximum narrations of the term suggest that *kloma* is none other but gall bladder only. Most of the places, this term appears along with the term '*yakṛit*' that is liver. The great scholar

Ḍalhana records that *kloma* is beneath the liver. The famous work *Āḍhamalla Śārangadhara Dīpikā* also agrees with this. *Kloma* has been described as located in the *south* (i.e. beneath) of the heart. (Note by Śrī Ambikādatta Śāstrī).

क्लोमरोगनिदानम्–

क्लोम्नोऽभिवृद्धिर्मृदुताऽथवाऽन्नैःस्निग्धैर्भृशं वा गुरुभिः सुसेवितैः ।
किंवाऽभिघातादिभिरेव नूनंसंजायते मानवदेहमध्ये ।।४।।
किंचापि संघात इहास्त्रजातः प्रदृश्यते विद्रधिराश्ववश्यम् ।
एवंविधा नैकावधास्तथाऽद्धारोगा भवेयुर्भृशदारुणाश्च ।।५।।

4-5. The *kloma* gets enlarged due to excessive intake of the oily and heavy (to digest) meals and drinks and due to some injury. In this case the *kloma* gets softened and enlarged while there is excessive deposit of blood in it. Some time,

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this ailment leads to *vidradhi* (boil with the sign and symptoms of an abscess). Once this limb of the body is disturbed the person can even be caught by the disease *prameha* (i.e. urinary disorders including diabetes mellitus).

क्लोमरोगलक्षणम्–

अग्नेर्मान्द्यं पाण्डुता चापि कार्श्यंभ्रान्तिः सादः स्यादथोर्ध्वोदरे तु ।
औष्ण्यं काठिन्यं तथोत्क्लेशवान्ती क्लोमस्थायिन्यामये कामलाऽपि ।।६।।

6. The signs and symptoms of the *kloma roga* includes loss in digestive power, loss of blood, weakness and loss of weight, giddiness and depression, laziness, a feeling of hardness and burning around the upper portion of stomach, vomiting tendencies, vomiting and jaundice.

प्रजाते विकारे सदा विद्रधेस्तुभवेदत्र शूलं तथाऽऽध्मानमेव ।
तृषा चाधिकाऽप्यश्मरीतुल्यरूपा सुघोरा शिला कष्टदायिन्यवश्यम् ।।७।।

7. The enlargement of *kloma* leads to pain, excessive thirst and to the condition of *ādhamana* (distension of abdomen due to the accumulation of gases accompanied by colic pain). In some cases, this also leads to *aśmarī* (severe stone diseases in bladder).

क्लोमरोगचिकित्सा–

यद्वह्निदीप्तिकृत् प्रोक्तं यच्च वातानुलोमनम् । अन्नपानौषधं सर्वं तत्तत् क्लोम्नि गदे हितम् ।।८।।

8. Treatment of *Kloma Roga*: The food and drink that promote the digestion and that are *anulomaka* (having the power to relieve flatulence and associated colic) are helpful to the patient.

अभयादिक्वाथः–

अभयाऽऽमलकं दारु धन्याकं विश्वभेषजम् । द्राक्षा च शारिवेत्येषां क्वाथः क्लोमामयापहः ।।९।।

9. Abhayādi Kvātha:

Ingredients: *Abhayā*, *āmalakī*, *devadāru*, coriander seeds, dried ginger, raisin and *anantamūla*.

Process of Drug-Making: Taking equal parts of the each obtain 24 gm. measure of the following herbs: *abhayā*, *āmalakī*, *devadāru*, coriander seeds, dried ginger, raisin and *anantamūla*. Methodologically prepare a decoction out of these ingredients.

Method of use/Administration: Take honey as *anupāna* with this medicine.

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Therapeutic benefits: This *kvātha* i.e. decoction is capable to cure one from the diseases of *kloma*.

सुरेन्द्रमोदकः–

श्रीसंज्ञभङ्गराश्यामा अब्जमूलं च पीवरी । दीप्यका चपला शृङ्गी द्राक्षा छत्रा हरीतकी ।।१०।।
संमर्द्य मधुना वैद्यो मोदकान् परिकल्पयेत् । क्लोमामयविनाशाय तं सेवेत यथाबलम् ।।११।।
मोदकोऽयं सुरेन्द्राख्यः पुष्ठिकृद्बलवर्द्धनः । वह्निसंदीपनो हृद्यो रसायनवरः स्मृतः ।।१२।।

10-12. Surendra Modaka:

Ingredients: Clove, *ativiṣā*, *śyāmālatā*, roots of *padma*, *śatāvarī*, caraway, *pippalī*, *śṛīngī*, raisin, aniseed, *harītakī* and honey.

Process of Drug-Making: Raise 24 gm. measure by taking equal parts of the each of following herbs: clove, *ativiṣā*, *śyāmālatā*, roots of *padma*, *śatāvarī*, caraway, *pippalī*, *śṛīngī*, raisin, aniseed, and *harītakī*. Powder them and after treating them with honey churn them thoroughly. Make balls of 6 gm. measure out of the preparation.

Method of use/Administration: Considering the digestion of the patient concerned, give him half of the medicinal ball in morning and half of it in evening every day.

Therapeutic benefits: This medicine called *Surendra Modaka* provides strength and vigour to the body and promotes digestive power. This is a good *rasāyaṇa* for the heart as well.

शशिशेखररसः–

रसगन्धाभ्रहेमानि विद्रुमं मौक्तिकं तथा । मर्दनात्कन्यकावारा दिनं सिद्धो रसो भवेत् ।।१३।।
एकगुञ्जोन्मिता मात्रा प्रकल्प्याऽस्य भिषग्वरैः । क्लोमहृद्द्रव्यजरसैर्मधुना शीलयेद्रसम् ।।१४।।
तेन सर्वे क्लोमरोगास्तथा मारुतसंभवाः । पित्तजाः कफजाश्चाशु संप्रणश्यन्त्यशेषतः ।।१५।।

13-15.Śaśiśekhara Rasa:

Ingredients: Purified mercury, purified sulphur, *abhraka bhasma*, *svarṇa bhasma*, *pravāla bhasma*, *muktā bhasma* and juice of *ghṛitakumārī*.

Process of Drug-Making: Obtain 12 gm. measure each of the purified mercury, purified sulphur, the *abhraka bhasma*, *svarṇa bhasma*, *pravāla bhasma* and *muktā bhasma*. First, prepare *kajjalī* from the mercury and sulphur and mix the rest into it. Process the mix through a hand mortar by treating them with the juice of *ghṛitakumārī*. Prepare pills measuring 125 mg. each and dry them in shade. Store the pills in a glass jar.

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Method of use/Administration: Take them along with the *anupāna* of honey or the above-suggested *Abhayādi Kvātha*.

Therapeutic benefits: This medicine removes away all kinds of the *kapha* and *vāta* related diseases as well.

सुरेन्द्राभ्रवटी–

अभ्रं सहस्रशो दग्धं सूतं च दरदोद्धृतम् । गन्धकं केशराजस्य रसैः शुद्धं च हीरकम् ।।१६।।
सुवर्णं विद्रुमं मुक्तां तारं माक्षिकमेव च । कान्तलौहं च संमर्द्य विधिनाऽनलवारिणा ।।१७।।
वल्लोन्मिता विधेयाश्च वट्यश्छायाविशोषिताः । यथादोषानुपानेन सेवनीयाः प्रयत्नतः ।।१८।।
क्लोमरोगविनाशाय वह्नेः संधुक्षणाय च । अम्लपित्तं यकृच्छोथं प्लीहपाण्डुजलोदरम् ।।१९।।
गुल्मरोगं प्रमेहं च दारुणं विषमज्वरम् । कुष्ठं सुदारुणं चैव निहन्ति नात्र संशयः ।।२०।।

16-20. Surendrābhra Vaṭī:

Ingredients: Thoroughly purified mica (*abhraka*), mercury, sulphur that has been purified through the juice of *bhṛingarāja*, *hīraka bhasma*, *svarṇa bhasma*, *pravāla bhasma*, *muktā bhasma*, *rajata bhasma*, *svarṇamākṣika bhasma*, *kānta lauha bhasma* and decoction of the bark of plant *citraka*.

Process of Drug-Making: Take in equal parts the following: thoroughly purified mica (*abhraka*) and mercury, the sulphur that has been purified through the juice of *bhṛingarāja*, *hīraka bhasma*, *svarṇa bhasma*, *pravāla bhasma*, *muktā bhasma*, *rajata bhasma*, *svarṇamākṣika bhasma*, and *kānta lauha bhasma*. Powder them thoroughly and process their mix through a hand mortar treating it with the decoction of the bark of plant *citraka* for three consecutive days. There after, prepare pills measuring two *vallas* (= 500 mg.) each out of the mix. Dry the pills under shade and preserve them in a glass container.

Method of use/Administration: Take one pill of this medicine every day along with the *anupāna* suitable to the connected ailments.

Therapeutic benefits: This pill effectively checks the diseases of *kloma* and promotes the digestive powers. This *vaṭī* (i.e. pill) is also capable to remove such diseases as *āmlapitta*, liver problems, enlargement of spleen, anemia, *prameha* (i.e. urinary disorders including diabetes), *kuṣṭha* (skin diseases including leprosy), *viṣam jvara*, ascites and swelling and abdominal tumour.

योयः समाश्रयेद् व्याधिः क्लोम्नि तं तमवेक्ष्य च । क्रियां संसाधयेद्वैद्यो यथादोषं यथाबलम् ।।२१।।

21. To treat the implications of the diseases of *kloma*, take the related prescriptions suggested separately in various chapters of the present work.

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However, one must see that the treatments of such implications are in correspondence to the treatment of *kloma roga* as well.

पथ्यापथ्यम्–

अनुग्रमन्नपानं च सेवेत क्लोमपीडितः । उग्रं च तत्प्रयत्नेन सततं परिवर्जयेत् ।।२२।।

22. The patient of diseases connected with *kloma* should not take any hot meal or hot drinks. He should take proper care and take only those food and drinks that are not hot.

इति भैषज्यरत्नावल्यां विशिष्टरोगाधिकारे क्लोमरोगचिकित्साप्रकरणम् ।।९४।।

इति भैषज्यरत्नावल्यां विशिष्टरोगाधिकारे 'विद्योतिनी' नामिकायां भाषाटीकायां क्लोमरोगचिकित्साप्रकरणम् ।।९४।।

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अथ फिरङ्गरोगचिकित्साप्रकरणम् ९५

Chapter 95
Treatment of Syphilis (*Phirañga Roga*)

तत्र फिरङ्गशब्दस्य निरुक्तिः–

फिरङ्गसंज्ञके देश बाहुल्येनैव यद्भवेत् । तस्मात्फिरङ्ग इत्युक्तो व्याधिर्व्याधिविशारदैः ।।१।।

1. This disease appears frequently in the foreign country therefore, the physicians call it '*phirañga roga*'. (The term '*phirañga*' has been derived from the English word 'foreign'. In allopathy this disease has been identified as syphilis-Translator.)

फिरङ्गस्य विप्रकृष्टनिदानम्–

गन्धरोगः फिरङ्गोऽयं जायते देहिनां ध्रुवम् । फिरङ्गिणोऽङ्गसंसर्गात्फिरङ्गिण्याः प्रसङ्गतः ।।२।।
व्याधिरागन्तुजो ह्येष दोषाणामत्र सङ्क्रमः । भवेत्तं लक्षयेत्तेषां लक्षणैभिषजां वरः ।।३।।

2-3. This disease has been also called '*Gandha Roga*' as it occurs with a *gandha* i.e. smell. This disease is caused by sexual intercourse with foreigner females. Thus this is an external disease and it contains some contagion as well. The wise physician should diagnose the disease properly before treatment.

फिरङ्गरोगरूपम्–

फिरङ्गस्त्रिविधो ज्ञेयो बाह्य आभ्यन्तरस्तथा । बहिरन्तर्भवश्चापि तेषां लिङ्गानि च ब्रुवे ।।४।।
तत्र बाह्यःफिरङ्गः स्याद्विस्फोटसदृशोऽल्परुक् । स्फुटितो व्रणवद्वेद्यः सुखसाध्योऽपि स स्मृतः ।।५।।
सन्धिष्वाभ्यन्तरः स स्यादामवात इव व्यथाम् । शोथञ्च जनयेदेष कष्टसाध्यो बुधैः स्मृतः ।।६।।

4-6. Kinds of Phirañga-Roga (Syphilis):

The *phirañga roga* is of three types: 1. External, 2. Internal and 3. One containing symptoms of both the external and internal types of the disease. In the external syphilis there is some wounds in the genital organs that have boils. However, there is less pain in it and this disease can be cured easily. The internal type of syphilis involves the joints of organs. It manifests pain as in the case of *āmavāta* (*vāta roga*). This disease generates edema as well. The physicians refer to the disease as *kaṣṭasādhya* that is difficult to cure.

फिरङ्गस्योपद्रवाः –

कार्श्यं बलक्षयो नासाभङ्गो वह्नेश्च मन्दता । अस्थिशोषोऽस्थिवक्रत्वं फिरङ्गोपद्रवा अमी ।।७।।

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7. The symptoms of Phirañga Roga (Syphilis):

Weakness of the body, loss of strength, flatness of nose, tuberculosis, and deformation of the bones are the main symptoms of this disease.

फिरङ्गस्य साध्यत्वादिकम्–

बहिर्भवो भवेत्साध्यो नवीनो निरुपद्रवः । आभ्यन्तरस्तु कष्टेन साध्यः स्यादयमामयः ।।८।।
बहिरन्तर्भवो जीर्णः क्षीणस्योपद्रवैर्युतः । ख्यातो व्याधिरसाध्योऽयमित्याहुर्मुनयः पुरा ।।९।।

8-9. The external type of *phirañga roga* (syphilis) that is detected and treated early can be cured. The internal type of disease is difficult to cure. The third type of *phirañga roga*, containing severe symptoms of both the external and internal types of disease reaching a mature stage and involving a weak person is impossible to cure. This has been said so by wise physicians.

कर्पूररससेवनविधिः–

फिरङ्गसंज्ञकं रोगं रसः कर्पूरसंज्ञकः । अवश्यं नाशयेदेतदूचुः पूर्वचिकित्सकाः ।।१०।।
लिख्यते रसकर्पूरप्राशने विधिरुत्तमः । अनेन विधिना खादेन्मुखे शोथं न बिन्दति ।।११।।
गोधूमचूर्णं सन्नीय विदध्यात्सूक्ष्मकूपिकाम् । तन्मध्ये निक्षिपेत्सूतं चतुर्गुञ्जामितं भिषक् ।।१२।।
ततस्तु गुटिकां कुर्याद्यथा न दृश्यते बहिः । सूक्ष्मचूर्णे लवङ्गस्य तां वटीमवधूलयेत् ।।१३।।
दन्तस्पर्शो यथा न स्यात्तथा तामम्भसा गिलेत् । ताम्बूलं भक्षयेत्पश्चाच्छाकाम्ललवणं त्यजेत् ।
श्रममातपमध्वानं विशेषात् स्त्रीनिषेवणम् ।।१४।।

10-14. The old physicians have suggested that the *rasa karpūra* is capable to cure one from the disease. Now we describe the best method to take the *rasa karpūra*. Taking the medicine through this method does not generate edema in mouth. Make very small caps by the wheat flour treated with water. Place 250 mg. of the *rasa karpūra* into each of the caps and prepare small pills out of that in a manner that the medicine does not appear visible. Coat the caps through fine powder of cloves. Thereafter, take the pills along with water in a style that the pills do not touch the teeth. After taking this pill take leaves of betel. After taking the *rasa karpūra* the patient should not take leafy vegetables, citrus and salty items. He should not labour hard, should not walk long distances and particularly should not indulge in sexual intercourses.

सप्तशालिवटी–

पारदष्टङ्कमानः स्यात्खदिरष्टङ्कसंमितः । आकारकरभश्चापि ग्राह्यष्टङ्कद्वयोन्मितः ।।१५।।
टङ्कत्रयोन्मितं क्षौद्रं खल्वे सर्वं विनिक्षिपेत् । संमर्द्य तस्य सर्वस्य कुर्यात्सप्तवटीर्भिषक् ।।१६।।
रोगी तु भक्षयेत्प्रातरेकैकामम्बुना वटीम् । वर्जयेदम्ललवणं फिरङ्गस्तस्य नश्यति ।।१७।।

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15-17. Saptaśāli Vaṭī:

Ingredients: Mercury, *khadira*, *ākārakarabha* and honey.

Process of Drug-Making: Take mercury weighing 3000 mg., *khadira* also weighing 3000 mg., *ākārakarabha* weighing 6000 mg. and honey weighing 9000 mg. Process these materials through a hand mortar and compound them thoroughly. Prepare seven pills out of the mix.

Method of use/Administration: Take one of this *Saptaśāli* pills every day in the morning and avoid taking citrus and salty items.

Therapeutic benefits: One can cure the *phirañga roga* through these measures.

धूमप्रयोगः–

पारदः कर्षमात्रः स्यात्तावानेव हि गन्धकः । तण्डुलाश्चाक्षमात्राः स्युरेषां कुर्वीत कज्जलीम् ।।१८।।
तस्याः सप्त वटीः कुर्यात्ताभिर्धूमं प्रयोजयेत् । दिनानि सप्त तेन स्यात्फिरङ्गान्तो न संशयः ।।१९।।

18-19. Svedana (fomentation):

Take mercury, sulphur and rice grains each measuring 12 gm. and prepare *kajjalī* out of that. Prepare seven pills from that and take the smoke of one pill each day for seven consecutive days. This treatment without doubt cures one from the *phirañga roga*.

पीतपुष्पबलापत्ररसैष्टङ्कमितं रसम् । हस्ताभ्यां मर्दयेत्तावद्यावत्सूतो न दृश्यते ।।२०।।
ततः संस्वेदयेद्धस्तावेवं वासरसप्तकम् । त्यजेल्लवणमम्लञ्च फिरङ्गस्तस्य नश्यति ।।२१।।

20-21. Obtain 3000 mg. of mercury and compound it with the leaves of yellow variety of *balā* through both the palms as long as the mercury ceases to appear visible. After that the patient should take the heat of fire on both the palms. This method should be continued for seven days. During the period the patient should avoid taking salty and citrus materials.

चूर्णयेन्निम्बपत्राणि पथ्या निम्बाष्टमांशिका । धात्री च तावती रात्रिर्निम्बषोडशभागिका ।।२२।।
शाणमानमिदं चूर्णमश्नीयादम्भसा सह । फिरङ्गं नाशयत्येव बाह्यमाभ्यन्तरं तथा ।।२३।।

22-23. Prepare powder of the *neem* leaves. Add to it the powder of *harītakī* and the grains of rice each measuring one-eighth of the *neem* leaves. Also add to it the powder of turmeric measuring one-sixteenth of the *neem* leaves. Taking this

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powder in doses of 3000 mg. along with water cures one from external and internal types of *phirañga roga*.

चोपचीनीभवं चूर्णं शाणमानं समाक्षिकम् । फिरङ्गव्याधिनाशाय भक्षयेल्लवणं त्यजेत् ।।२४।।
लवणं यदि वा त्यक्तुं न शक्नोति तदा जनः । सैन्धवं स हि भुञ्जीत मधुरं परमं हितम् ।।२५।।

24-25. By licking, with honey the powder of *copa cīnī* measuring 3000 mg. and by avoiding salty material one can get cure from the disease. If the patient is unable to leave salt, he can take the rock salt. The rock salt is very helpful in this regard.

कज्जल्यादिमोदकः–

पारदः कर्षमात्रः स्यात्तावन्मात्रं तु गन्धकम् । तावन्मात्रस्तु खदिरस्तेषां कुर्यात्तु कज्जलीम् ।।२६।।
रजनी केशरं त्रुट्यौ जीरयुग्मं यवानिका । चन्दनद्वितयं कृष्णा वांशी मांसी च पत्रकम् ।।२७।।
अर्द्धकर्षमितं सर्वं चूर्णयित्वा च निक्षिपेत् ।तत्सर्वं मधुसर्पिर्भ्यां द्विपलाभ्यां पृथक्पृथक् ।।२८।।
मर्दयेदर्थं तत्खादेदर्द्धकर्षमितं नरः । व्रणः फिरङ्गरोगोत्थस्तस्यावश्यं विनश्यति ।।२९।।
अन्योऽपि चिरजातोऽपि प्रशाम्यति महाव्रणः । एतद्भक्षयतः शोथो मुखस्यान्तर्न जायते ।।३०।।
वर्जयेदत्र लवणमेकविंशतिवासरान् ।।३१।।

26-31.Kajjalyādi Modaka:

Ingredients: Mercury, sulphur, *khadirsāra*, turmeric, *nāga keśara*, lesser and bigger varieties of cardamom, black and white varieties of cumin seeds, caraway seeds, *pippalī*, *vanśalocana*, *jaṭāmānsī*, cassia leaves, honey and *ghṛitam*.

Procéss of Drug-Making: Take 12 gm. measure each of the mercury, sulphur, *khadirsāra* and prepare *kajjalī* out of them. Obtain 6 gm. measure each of the following, turmeric, *nāga keśara*, lesser and bigger varieties of cardamom, black and white varieties of cumin seeds, caraway seeds, *pippalī*, *vanśalocana*, *jaṭāmānsī*, and cassia leaves. All these medicine should be powdered thoroughly and mixed together. Thereafter, the preparation should be compounded with 96 gm. of honey as well as 96 gm. of *ghṛitam*.

Method of use/Administration: A patient should take this medicine in doses of 12 gm.. While taking this medicine the patient should avoid taking salt for 21 days.

Therapeutic benefits: One can get cured from the disease *phirañga roga*. This medicine is also capable to remove the old biles. Taking of this medicine does not produce edema in the mouth.

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इति भैषज्यरत्नावल्यां विशिष्टरोगाधिकारे फिरङ्गरोगचिकित्साप्रकरणम् ।।९५।।
इति भैषज्यरत्नावल्यां विशिष्टरोगाधिकारे 'विद्योतिनी' नामिकायां भाषाटीकायां फिरङ्गरोगचिकित्साप्रकरणम् ।।९५।।

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अथ स्नायुकरोगचिकित्साप्रकरणम् ९६

Chapter 96

Snāyuka Roga

तत्र स्नायुकरोगस्य निदानं लक्षणं च–

शाखासु कुपितो दोषः शोथं कृत्वा विसर्पवत् । भित्त्वैव तं क्षते तत्र सोष्म मांसं विशोष्य च ।।१।।
कुर्पात्तन्तुनिभं सूत्रं तत्पिण्डैस्तक्रशक्तुजैः । शनैः शनैः क्षताद्याति च्छेदात्तत्कोपमावहेत् ।।२।।
तत्पाताच्छोथशान्तिःस्यात्पुनःस्थानान्तरेभवेत् ।स स्नायुरिति विख्यातः क्रियोक्ताऽत्र विसर्पवद् ।।३।।
बाह्वोर्यदि प्रमादेन त्रुट्यते जङ्घयोरपि । सङ्कोचं खञ्जतां चापि च्छिन्नो नूनं करोत्यसौ ।।४।।

1-4. *Doṣas*, vitiated in the periphery, viz. skin, etc, cause swelling and spread like erysipelas. The skin then gets perforated to cause ulcers. Because of *uṣmā* (heat) the muscle tissue of that locality gets dried up to appears slender like a thread. By the application of a bolus of *saktu* (roasted corn flour) and buttermilk, these threads gradually come out (lit. get diminished). If this thread like structure is broken, then wound gets exceedingly inflamed. If this thread like structure completely comes out, then the inflammation subsides. But another place in the skin may get affected, thereafter. This ailment is called *Snāyuka*, and the physician should treat such patients like those of *visarpa* (erysipelas). Thus, ends the description of the diagnosis of *snāyuka* (guinea worm).

स्नायुकरोगचिकित्सा–

स्नेहस्वेदप्रलेपादि कर्म कुर्याद्यथोचितम् । रामठं शीततोयेन पीतं स्नायुकरोगनुत् ।।५।।

5. The patient suffering from *snāyuka roga* should appropriately be given *snehana* (oleation therapy), *svedana* (fomentation therapy) and *pralepa* (external application of drugs in *kalka* form).

स्वेदात्स्नायुकमत्युग्रं भेकः काञ्जिकसाधितः । तद्वद् बब्बूलजं बीजं पिष्टं हन्ति प्रलेपनात् ।।६।।

6. Recipes: *Svedana* (fomentation) with the bark of *śigru* along with *kānji* (a sour liquid preparation) cures *snāyuka*. Similarly, external application of the *kalka* of *babbūla* seeds cures this ailment.

गव्यं सर्पिस्त्र्यहं पीत्वा निर्गुण्डीस्वरसं त्र्यहम् । पिबेत्स्नायुकमत्युग्रं हन्त्यवश्यं न संशयः ।।७।।

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7. After taking cow's *ghṛitam* for three days the patient should take the juice of *nirgundī* for three days. This undoubtedly cures serious type of *snāyuka*.

मूलं सुषव्या हिमवारिपिष्टं पानादिदं तन्तुकरोगमुग्रम् ।
शान्ति न्येत्सव्रणमाशु पुंसां गन्धर्वगन्धेन घृतेन पीत्वा ।।
गन्धर्वगन्धेन=गन्धर्वगन्धोऽस्यास्तीति स गन्धर्वगन्धः = अश्वगन्धस्तेन ।।८।।

8. Root of *suṣavī* should be made to a *kalka* by adding to it cold water. Intake of this cures serious type of *snāyuka*. Intake of *ghṛitam* cooked along with castor oil instantaneously cures ulcers caused by *snāyuka*.

अतिविषमुस्तकभार्गीविश्वौषधपिप्पलीबिभीतक्यः । चूर्णमिदं तन्तुघ्नं पुंसामुष्णेनवारिणा पीतम् ।।९।।

9. Intake of the powder of *ativiṣā*, *mustā*, *bhārgī*, *śunṭhī*, *pippalī* and *vibhītakī* along with hot water cures *snāyuka*.

शिग्रुमूलदलैः पिष्टैः काञ्जिकेन ससैन्धवैः । लेपनं स्नायुकव्याधेः शमनं परमं मतम् ।।१०।।

10. Leaves and root of *śigru* should be made to a *kalka* by triturating them along with *kānji* (a sour liquid preparation) and rock-salt. External use of this *kalka* is excellent medication for curing *snāyuka*.

अहिंस्रमूलकल्केन तोयपिष्टेन यत्नतः । लेपसम्बन्धनात्तन्तुर्निःसरेन्नैव संशयः ।।११।।

11. Roots of *ahimsra* should be made to a *kalka*: Application of this *kalka* with cold water makes the thread like structure (guinea worm) to come out again and again during three nights.

इति भैषज्यरत्नावल्यां विशिष्टरोगाधिकारे स्नायुकरोगचिकित्साप्रकरणम् ।।९६।।
इति भैषज्यरत्नावल्यां विशिष्टरोगाधिकारे 'विद्योतिनी' नामिकायां भाषाटीकायां
स्नायुकरोगचिकित्साप्रकरणम् ।।९६।।

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अथ पारदविकारचिकित्साप्रकरणम् ९७

Chapter 97

Treatment of Cases of Mercury Poisoning

यदा दोषहीनो भवेत् पारदो वै जरामृत्युहारी तदा स स्मृतः स्यात् ।
अतोऽसौ विशुद्धः सुधासंनिभोऽथो विषाभो विशेषादशुद्धः प्रदिष्टः ।।१।।

1. The purified *pārada* is as good as ambrosia. But the raw *pārada* or mercury is very dangerous. The cases of consuming *pārada* can be fatal because the material is as good as poison itself.

अयुक्तिप्रयुक्तो रसो रोगमूलंसुयुक्तिप्रयुक्तो जराव्याधिशूलम् ।
यतः संप्रदिष्टो विशिष्टैर्भिषग्भिस्ततः सेवनीयो यथाविध्यभिज्ञैः ।।२।।

2. Unregulated intake of drugs can prove the root of several diseases while their regulated use can be helpful in treating diseases and aliments. The learned physicians have suggested this. Therefore, those who are not knowledgeable should take medicine as suggested by the learned ones only.

विधिवदेष रसो ननु सेवितोहरति नुर्नियतं सकलामयान् ।
.अविधिना स हि भक्षित एव वै भुवि करोति गदान् विविधानिमान् ।।३।।

3. A methodical intake of *pārada* is capable to treat all the diseases of human beings. On the contrary, unregulated use of *pārada* results in producing varieties of ailments.

नासाभङ्गः पीनसो दन्तपातोनेत्रास्योत्थो रोगजातो विसर्पः ।
कोठः कण्डूर्मस्तके चातिपीडा त्वग्वैर्ण्यं नासिकादौ क्षतं च ।।४।।
पीडायुक्तग्रन्थिवच्छोथकाठिन्यं जायेतात्यण्डकोशद्वये च ।
पक्षाघातो ग्रन्थिवातोऽस्थिजाड्यंदाहो घोरश्चापि चेतोविकारः ।।५।।
भगन्दरो नैकविधानि कुष्ठोपदंशचिह्नानि शरीरमध्ये ।
तथाऽपरे कृच्छ्रतमा गदाःस्युर्यथोचितं भेषजमत्रकल्पयम् ।।६।।

4-6. Drugs prepared out of the impure *pārada* or mercury can inflict such diseases as sinus, headache, stroke, severe burning sensation in palms and soles, insanity and *kuṣṭha* (skin diseases including leprosy). Sinking of the nose bridge, sinusitis, premature falling of teeth, ulceration of nose and eyes, erysipelas, round

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elevated patches, headache, discoloration of the skin, formation of tender nodules with swelling in the scrotum, paralysis, extreme burning sensation in the bones, rigidity, fistula etc. are the signs and symptoms caused by the mercury poisoning. Therefore, the cases of mercurial poisoning should be treated properly.

प्रकारान्तरेण पारदविकारलक्षणानि–

दन्तवेष्टे सरक्तत्वं मृदुत्वं श्वयथुः क्षतम् । सूचीव्यधनिभा पीडा बहुच्छिद्रत्वमेव च ।।७।।
मलं शिथिलता दन्ते लालास्त्रावो मुखादपि । तत्र धातुरसास्वादो नितरामप्रियोऽपि च ।।८।।
शोथोऽधिरसनं तद्वद् दरणं कृशता तनौ । गलशुण्डीप्रभृतीनामामयानां समुद्भवः ।।९।।
श्वयथुश्च गलग्रन्थौ श्रुतिमूलेऽध्यधोहनु । जायन्ते सूतविकृतौ चिह्नान्येतानि संततम् ।।१०।।
अनारतं सेवितश्चेदतिमात्रं स पारदः । तर्हि चेतोऽवसादं च ज्वरं शैथिल्यमेव च ।।११।।
पातं द्विजानां क्षरणमधिहन्वस्थि निश्चितम् । वदने विद्रधिं चापि रक्तपित्तं च पाण्डुताम् ।।१२।।
एवमादीनामयांस्तु प्राय उत्पादयन्नरान् । अन्तकस्यान्तिके चान्ते संनयेदेव सत्वरम् ।।१३।।

7-13. Due to mercurial poisoning, the gums of the patient become reddened and soft. They are damaged and sores appear in them. There is prickling pain in the gums and there appear pores in them. Even the lines of tooth become lose and there appear deposit of dirt on teeth. There is excessive discharge of saliva in the mouth. There is a feeling of very bitter and bad taste in the mouth. There is edema on the tongue and it gets damaged. The body becomes very lean and thin. There appears tonsil as well. The poisoning through mercury produces all these signs and symptoms. They can also appear through excessive intake of purified mercury. This results in depression of mind, fever, loss of teeth, abscess of mouth, anemia and *rakta pitta*.

सूतबाष्पजविकारलक्षणानि–

सूतसंजातबाष्पाणामतिमात्रनिषेवणात् । आरभ्य वदनात्कम्पः प्रसरंश्च भुजाङ्घ्रिषु ।।१४।।
जायते मांसपेशीनां दौर्बल्यं चातिमात्रकम् । व्यापारेष्विन्द्रियाणां च विकारः प्रायशो नृणाम् ।।१५।।

14-15. The mercurial poisoning can be caused due to such conditions as residing near the location of the factories producing steam of mercury, staying long hour in the mines of mercury or smelling mercury by other means. This condition would produce the symptoms of stammering in the body. The stammering starts from mouth and then it appear in the arms and legs. The muscles of body become very weak and senses of patient do not function properly.

शीघ्रकारिसूतविकारलक्षणानि–

अध्यामाशयमध्यन्त्रं श्वयथुः शूलसंयुतः । मरणं चान्ततो गत्वा रोगिणामुपजायते ।

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अतिसारः सहास्त्रेण वमनं मोह एव च ।।१६।।
शीघ्रकारिरसोद्भूतविकारस्येति लक्षणम् । अनुभूय भिषग्वन्द्यैः प्रकाशितमशेषतः ।।१७।।

16-17. The smelling of raw mercury or taking its steam produces severe pain in the stomach and intestines. Dysentery, discharge of blood and vomiting as well as fainting, afflicts the patient. In some cases the patient could even die. The learned physicians have suggested this.

पारदविकारचिकित्सा–

अहन्यहनि सेवेत बलिं रक्तिचतुष्टयम् । शुद्धगन्धादृते नास्ति भेषजं किञ्चिदुत्तमम् ।।१८।।
सर्वसूतविकारघ्नं वपुःसद्वर्णकारकम् ।।१९।।

18-19. In cases of the above symptoms of mercury of poisoning first of all one should take purified sulphur along with honey on daily basis. The doses of sulphur should be taken twice or thrice a day. There is no better medicine of mercurial poisoning. Taking the purified sulphur treats all the effects of mercury poisoning and heals up the damage caused by it. The natural colour and glow of the body of patient are restored.

त्रिफलादिक्वाथः–

त्रिफलाकटुकाभीरुपटोलामृतपर्पटैः । कृतः क्वाथः पानतोऽद्धा सूतोत्थविकृतीहरेत् ।।२०।।

20. Tṛiphalādi Kvātha:

Ingredients: *Tṛiphalā*, *kaṭukī*, *śatāvarī*, *paṭolapatra*, *amṛitā*, *parpaṭī* and water.

Process of Drug-Making: Take in equal parts the *tṛiphalā*, *kaṭukī*, *śatāvarī*, *paṭolapatra*, *amṛitā* and *parpaṭī*. Compound them to make coarse powder and mix them together. Take 24 gm. measure of this mixture and decoct it in water measuring 384 ml.. When the original quantity is reduced to one fourth remove the preparation from the stove and strain the liquid.

Method of use/Administration: This medicine should be taken daily.

तिक्तादिक्वाथः–

तिक्ता तथाऽमृताऽनन्ता महाश्रावणिका वरी । पथ्या गोपवधूश्चैव वायसी दुष्प्रधर्षिणी ।।२१।।
जीवनी श्रीफलं धात्रीफलं सर्वं समांशकम् । निष्क्वाथ्य योजयेद्वैद्यो सूतसंभूत आमये ।।२२।।

21-22. Tiktādi Kvātha:

Ingredients: *Kaṭukī*, *amṛitā*, *anantamūla*, *mahāśrāvanika*, *śatāvarī*, *harītakī*, *śyāmālatā*, *kākamācī*, *kaṅṭakārī*, *jīvantī*, *bilva*, *āmalakī* and water.

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Process of Drug-Making: Take equal parts of the following *kaṭukī*, *amṛitā*, *anantamūla*, *mahāśrāvanika*, *śatāvarī*, *harītakī*, *śyāmālatā*, *kākamācī*, *kañṭakārī*, *jīvantī*, *bilva* and *āmalakī*. Get all of them coarsely powdered and mixed. Prepare decoction of the same as in the manner suggested above.

Method of use/Administration: It should be consumed daily.

Therapeutic benefits: This decoction cures one from the poisoning of mercury.

शारिवाद्यवलेहः–

शारिवां तु तुलोन्मानां वारिद्रोणो विपाचयेत् । पादावशिष्टे क्वाथे च वरी तिक्ताऽमृता वरा ।।२३।।
त्रिवृता जीवनीयश्च गणश्चैवोपकुञ्चिका । त्रायन्ती चापि प्रत्येकं चूर्णितं द्व्यक्षमात्रकम् ।।२४।।
प्रक्षिप्य लेहवत् साध्यं यथाविधि भिषग्वरैः । शीतं पलाष्टकमितं माक्षिकं तत्र निक्षिपेत् ।।२५।।
कर्षमात्रं ततो दुग्धानुपानेनैव भक्षयेत् । अस्य सेवनमात्रेण रक्तदोषभवा गदाः ।।२६।।
पिडका अप्युपदंशश्च प्रमेहा विंशतिस्तथा । विशेषात्सूतसंजाता विकारा निखिला ध्रुवम् ।।२७।।
नश्यन्ति सकला रोगा अपरे चाथ मानुषः । बलवर्णानलोपेतः सन्ततं सुखितो भवेत् ।।२८।।

23-28. Śarivādya Avaleha:

Ingredients: *Śārivā*, water, *śatāvarī*, *kaṭukī*, *guḍūcī*, *triphalā*, *niśotha*, herbs of the *jīvanīya gaṇa*, i.e. group, smaller cardamom, *trāyamāṇā* and milk.

Process of Drug-Making: Obtain six kilograms of *śārivā* and get it coarsely powdered. Cook it into water measuring 32 liters so long as the original quantity is reduced to 8 liters. Add to this, the coarse powder measuring 24 gm. each of the following: *śatāvarī*, *kaṭukī*, *guḍūcī*, *triphalā*, *niśotha*, herbs of the *jīvanīya gaṇa*, i.e. group, smaller cardamom and *trāyamāṇā*. Cook again the preparation like an *avaleha* and add to it honey measuring 384 gm..

Method of use/Administration: This drug should be taken in doses of 12 gm. along with milk.

Therapeutic benefits: This drug effectively treats the mercurial poisoning as well as such diseases as blood related ailments, chancre, syphilis and the like. The person who takes this medicine on regular basis remains full of vigour, and has good digestion power.

पिपासाकुलितं दृष्ट्वा नरं सूतविकारिणम् । पाययेत्सलिलं सद्यो नारिकेलभवं भिषग् ।।
सितोपलाऽवितं किंवा मुद्गयूषं च तत्क्षणम् ।।२९।।

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29. When getting thirsty, the patient of mercurial poisoning should take the water of coconut. He should also take the *yūṣa* of *mudga* (kidney) beans along with jaggery.

अपि चोद्गारबाहुल्यत्रस्तं तं दधि चौदनम् ।।३०।।
कृष्णमत्स्यं च संसिद्धं जीरकाद्यैश्च संस्कृतम् । भोजयेदथ चेद् वायोः प्रकोपस्तत्र तं द्रुतम् ।।३१।।
वातघ्नोत्तमतैलानामभ्यङ्गं कारयेद् भृशम् । भवेद् यद्यरतिर्जातु विशेषात्तत्र यत्नतः ।।३२।।
सुशीतलजलेनैव हितं मूर्ध्न्यभिषेचनम् । एवं सम्यग्विचार्यैव कुर्याद्दोषापसारणम् ।।३३।।

30-33. When the patient of mercurial poisoning passes hot winds he should take meals along with curd and soup of fish treated with cumin seeds. He should also take the ointment named *Nārāyaṇadikā Taila* on the palms and the soles. When he gets restless he should take bath of cold water. His forehead should be plastered with wet pieces of white cloths. These treatments should be taken up with due consideration.

पारदविकृतिनाशकान्यौषधानि–

वातशोणितकुष्ठोक्तं क्वाथं गुग्गुलुकादिकम् । वातरक्तापहं प्रोक्तं यच्च भेषजमुत्तमम् ।।३४।।
तत्सर्वं योजयेद्वैद्यो ज्ञात्वा दोषबलाबलम् । महारुद्रगुडूच्याख्यं तैलं तु व्रणराक्षसम् ।।३५।।
कन्दर्पसारसंज्ञं च नाडीव्रणनिषूदनम् । मरिचाद्यं बृहत्तैलं यथायोग्यं प्रयोजयेत् ।।
उपदंशाधिकारोक्तमनन्ताद्यं घृतं तथा ।।३६।।

34-36. All the decoctions and prescriptions involving *guggulu* suggested in the chapters of *vāta rakta* and *kuṣṭha* (leprosy) should be taken in cases of mercurial poisoning. Apart from that the patient should try all the *rasa*, *bhasma*, *cūrṇa*, *kvātha*, *avaleha*, and *vaṭī* types of medicines as well as the *Mahārudra Guḍūcī Taila*, *Varṇa Rākṣasa Taila*, *Virhanamaricādi Taila*, the *Anantādya Taila* suggested in treatment of chancre.

पथ्यापथ्यम्–

वातरक्तेऽथ कुष्ठे यत् पथ्यं सेव्यं च तत्सदा । अपथ्यं यत्तु तद्धेयं यत्नात्सूतविकारिभिः ।।३७।।

37. The *pathyās* and *apathyas* suggested in the chapter of *vāta rakta* and *kuṣṭha* can also be considered for the cases of mercurial poisoning.

इति भैषज्यरत्नावल्यां विशिष्टरोगाधिकारे पारदविकारचिकित्साप्रकरणम् ।।९७।।
इति भैषज्यरत्नावल्यां विशिष्टरोगाधिकारे 'विद्योतिनी' नामिकायां भाषाटीकायां पारदविकारचिकित्साप्रकरणम् ।।९७।।

End of the Chapter 97 of Bhaiṣajya Ratnāvalī with Commentary

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अथ शीर्षाम्बुरोगचिकित्साप्रकरणम् ९८

शीर्षाम्बुरोगस्य निदानम्–

Chapter 98
Treatment of *Śīrṣāmbu Roga*
(A kind of Hydrocephalus)

दुष्टाम्बुपानादतिशैत्यतो वा आन्त्रक्रिमेरुद्भवतोऽभिघातात् ।
असात्म्यभोज्यनाशनतः सुराया अत्यर्थपानात्पवनप्रदोषात् ।।१।।
संचीयते यत्क्रमतः शिरःस्थस्नेहस्य भूमौ बहुलं जलं हि ।
तदेव वैद्यैर्गदितस्तु शीर्षाम्बुरोग एष त्वतिदुश्चिकित्स्यः ।।२।।
प्रायः शिशूनामुपजायतेऽसौ बाल्ये वयस्येव गदो विशेषात् ।
दन्तोद्गमेऽनेकविधाहितानां निषेवणात्सद्भिषजां मतेन ।।३।।

1-3. By taking unwholesome water, diets and drinks, by facing excessive cold, through infestation of worms into the intestine, due to head injury, by excessive drinking of liquor and due to disordered *vāta*, the water content of the head is increased. This results in the indisposition called *śīrṣāburoga* (a kind of hydrocephalus). This disease is difficult to cure. This attacks mainly during the childhood and particularly during the time of teething.

तस्य पूर्वरूपम्–

जिह्वा मलाढ्याऽपि चं गाढविट्कता दौर्बल्यनिद्राधिकते तथा च ।
निश्वासमध्येऽपि च पूतिगन्धः शीर्षाम्बुरोगे त्विति पूर्वरूपम् ।।४।।

तस्य लक्षणम्–

तीव्रा व्यथा शिरसि कृष्णतुरीषताऽथो मूत्राल्पता श्रुतिगताऽक्षिण च तीक्ष्णता स्यात् ।
वेगं समाश्रितवती धमनी त्वचायां रौक्ष्योष्णते च वमनं विषमाक्षितारा ।।५।।
लौहित्यमक्षियुगले च विवर्णताऽऽस्ये निद्राक्षणे दशनघर्षणमप्यवश्यम् ।
कण्डूरदच्छदगताऽपि च नासिकायामाक्षेपकः प्रलपनं खलु पक्षनाशः ।
शीर्षाम्बुरोग इति लक्ष्म भिषग्वरोक्तंभूयश्चिकित्सकजनैर्बहुशोऽनुभूतम् ।।६।।

4-6. The symptoms of the early stage of diseases include the following: deposit of dirt on the top of tongue, thickness of the stool passed by the patient, weakness, excessive sleep and bad breath. The patient feels severe headache, passes black coloured stool, discharges lesser amount of urine and feels burning sensation in the ears and eyes. The palpitation of the patient is increased. His eyes

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become red. He develops vomiting tendency and his face loses the natural colour. There is an itching sensation around the lips as well. He gets stroke and sometimes makes noises.

तस्य चिकित्सा–

यदौषधं रेचकं स्याद् यच्च मूत्रप्रवत्तकम् । अस्त्रदोषहरं चापि तच्छीर्षाम्बुगदे हितम् ।।७।।

7. In the *śīrṣāmburoga*, the patient should be served items that promotes excessive urine, that are laxative in property and that are capable to purify the blood.

मुण्डयित्वा शिरस्तच्च च्छादयेदुष्णवससा । पाययेन्नारिकेलस्य स्नेहं शश्वच्च रोगिणम् ।
सेवयेद्रसचूर्णं च स्वल्पमात्रं भिषग्वरः ।।८।।

8. The patient should get clean shaved and his head should be wrapped with warm clothes. He should take little quantity of coconut oil at interval of a few hours. He should take a little amount of *rasa sindūra* as well.

पीतमूल्यादिक्वाथः–

पीतमूलीमनन्तां चामलकीं त्रिवृतां शटीम् । तिक्तां गोपवधूमब्दं धन्याकं मधुकं निशे ।।९।।
हरीतकीं त्रिजातं च क्वाथयित्वा यथाविधि । यवक्षारेण सहितं पाययेदस्य शान्तये ।।१०।।

9-10. Pītamūlayādi Kvātha:

Ingredients: *Pītamūlī*, *anantamūla*, *āmalakī*, *niśotha*, *karcūra*, *koṣatakī*, *śyāmālatā*, *mustā*, *dhānyaka*, *haridrā*, *dāru-haridrā*, *harītakī*, *tṛijāta* (cinnamon, smaller cardamom and cassia) and *yavakṣāra*.

Process of Drug-Making: Take equal quantities of the following: *pītamūlī*, *anantamūla*, *āmalakī*, *niśotha*, *karcūra*, *koṣatakī*, *śyāmālatā*, *mustā*, *dhānyaka*, *haṛidrā*, *dāru-haridrā*, *harītakī* and *tṛijāta* (cinnamon, smaller cardamom and cassia). Decoct all of them properly and mix *yavakṣāra* measuring 500 mg..

Therapeutic benefits: The patient should take this medicine to get relief from the diseases *śīrṣāmburoga*.

सलिलशोषणं चूर्णम्–

रसचूर्णं यवक्षारं पीतमूलीं त्रिजातकम् । भार्गीमेलां तथा लध्वीमभयामिन्द्रावारुणीम् ।।११।।
समांशेन च संचूर्ण्य प्रयुञ्ज्यात् पयसा सह । शीर्षाम्ब्वेतन्निराकुर्याच्चूर्णं सलिलशोषणम् ।।१२।।

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11-12. Salila Śoṣaṇa Cūrṇam:

Ingredients: *Rasa sindūra*, *yavakṣāra*, *pītamūlī*, lesser and bigger varieties of cardamom, cassia, cinnamon, *bhārgī*, lesser variety of *harītakī* and *indrayava*.

Process of Drug-Making: Take equal amounts of the following: *rasa sindūra*, *yavakṣāra*, *pītamūlī*, lesser and bigger varieties of cardamom, cassia, cinnamon, *bhārgī*, lesser variety of *harītakī* and *indrayava*. Powder all of these thoroughly and store the same in a glass jar.

Method of use/Administration: This medicine called *Salila Śoṣaṇa* powder should be taken in doses of 500-1000 mg. along with milk as *anupāna* to get cured of the *śīrṣāmburoga*.

कुङ्कुमाद्यं घृतम्–

कुङ्कुमं शारिवां द्राक्षां जीवन्तीमभयां विडम् । पत्रं पटोलमूलञ्च सर्पिषा पाचयेद्भिषक् ।।१३।।
अस्य मात्रां प्रयुञ्जीत वीक्ष्य व्याधेर्बलाबलम् । सर्वशीर्षगदान् हन्ति कुङ्कुमाद्यमिदं घृतम् ।।१४।।
भाषितं श्रीमहेशेन सर्वलोकहितार्थिना ।।१५।।

13-15. Kumkumādya Ghṛitam:

Ingredients: Old and *mūrcchita* cow *ghṛitam*, *keśara*, *anantamūla*, *drākṣā*, *jīvantī*, *abhayā*, black salt, cassia, roots of the plant *paṭola* and water.

Process of Drug-Making: Take 240 ml. measure of old and *mūrcchita* cow *ghṛitam* and pour into it the *kalka* prepare out of the following taken in equal parts (their combined weight should be 60 gm. in measure): *keśara*, *anantamūla*, *drākṣā*, *jīvantī*, *abhayā*, black salt, cassia and roots of the plant *paṭola*. Add one litre and a quarter measure of water to it and boil the preparation using the method of *ghṛita pāka*.

Method of use/Administration: The quantity of medicine should be considered as per the strength of the patient. Generally 3-6 gm. measure of this medicine should be taken in a single dose.

Therapeutic benefits: This medicine called *Kumkumādyam Ghṛitam* removes all kinds of ailments connected to head. This medicine has been suggested by Mahādevaji for the welfare of the whole world.

रसतैलम्–

धुस्तूरं धातकीं मूर्वां मधूकं मधुकं विडम् । नागरं नीलिनीं कृष्णां कट्फलं कुटकां जलम् ।।१६।।
शाणमानेन निःक्षिप्य कटुतैलशरावके । संवृते मृन्मये भाण्डे निशाः सप्त च यापयेत् ।।१७।।
ततः कल्कान् विनिर्हृत्य कज्जलीमर्द्धकार्षिकीम् । तत्रसम्मिश्र्यशिरसिमुण्डिते तत् प्रयोजयेत् ।।१८।।

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रसतैलमिदं हन्याच्छीर्षाम्ब्वाशु न संशयः । व्याधितानां हितार्थाय हरेणैतदुदीरितम् ।।१९।।

16-19. Rasa Tailam:

Ingredients: *Mūrcchita* mustard oil, *dhatūra*, *dhātakī* flowers, *mūrvā*, bark of the *madhuka* tree, *madhuka*, black salt, dried ginger, *nīlinī*, *pippalī*, *kaṭphala*, *kaṭukī*, *sughandha balā* and water.

Process of Drug-Making: Take 480 ml. measure of *mūrcchita* mustard oil and 4 gm. measure each of the following for preparing *kalka*: *dhatūra*, *dhātakī* flowers, *mūrvā*, bark of the *madhuka* tree, *madhuka*, black salt, dried ginger, *nīlinī*, *pippalī*, *kaṭphala*, *kaṭukī*, and *sughandha balā*. Add to them two liters and a quarter of water. Mix them together and put them into an earthen pot and close it. Leave the pot for seven consecutive nights. On the eighth day, take out the *kalka* from the pot and strain the oil. Mix *kajjalī* to the oil.

Discussion: Some physicians suggest slow cooking of the drug for seven days before adding the *kajjalī* to it. It is right to do so because if not cooked the water component of the preparation may turn the recipe stale.

Method of use/Administration: After getting the head clean shaved through a razor, the patient of *śīrṣāmbu roga* should be applied with oil on his head as an ointment.

Therapeutic benefits: This medicine called *rasa tailam* has been suggested by Mahādevaji for the benefit of diseased mankind.

वह्निभास्करो रसः–

सुवर्णमभ्रं वैक्रान्तं रजतं शाणमानकम् । लौहं रसं गन्धकञ्च माक्षिकं कर्षसम्मितम् ।।२०।।
रक्तचित्रकयोगेन तथा ब्राह्म्या रसेन च । त्रिःसप्तकृत्वः सम्भाव्य कुर्याद्वल्लमिता वटीः ।।२१।।
रसोऽयं सर्वथा हन्ति मस्तिष्कोदकमाशु च । अन्यांश्च शिरसो रोगान् वह्निस्तृणगणानिव ।।२२।।
वह्निवद्भासते यस्माद्वीर्येणैष रसोत्तमः । ख्यातः पृथ्वीतले तस्मादाख्यया वह्निभास्वरः ।।२३।।

20-23.Vahni Bhāskara Rasa:

Ingredients: *Svarṇa bhasma*, *abhraka bhasma*, *vaikranta bhasma*, *rajata bhasma*, *lauha bhasma*, purified *pārada*, purified *gandhaka*, *bhasma* of *svarṇamākṣika*, decoction or juice of red variety of *citraka* plant and juice of *brāhmī*.

Process of Drug-Making: Take 4 gm. measure each of *svarṇa bhasma*, *abhraka bhasma*, *vaikranta bhasma* and *rajata bhasma* along with 12 gm. measure of *lauha bhasma*, purified *pārada*, purified *gandhaka* and *bhasma* of

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svarṇamākṣika. First, prepare *kajjalī* of the *pārada* and *gandhaka*. Mix rest of the drugs into it. Process the preparation through the *bhāvanā* method for twenty one times each using the decoction or juice of red variety of *citraka* plant as well as the juice of *brāhmī* separately. Prepare pills measuring 375 mg. each and dry them and preserve in a glass container.

Therapeutic benefits: This medicine cures one from even severe types of *śīrṣāmbu roga* and other related diseases. The medicine is as effective in removing the diseases as the fire in burning husk. As the medicine is as effective as the fire (*vahni*), it is famous by the name of *Vāhini Bhāskara*.

यद्येवंविधभैषज्यैर्गदः शाम्येन्न जातु चित् । तदा शस्त्रचिकित्सायां कुशलेन यथाविधि ।।२४।।
शस्त्रेणैव त्रिकूर्च्चेन मस्तिष्कादतियत्नतः । निष्कासनीयं सलिलं येन शान्तिं व्रजेद् गदी ।।२५।।

24-25. All the above types of medicine, the *rasa*, the *ghṛitam*, the *tailam*, the *cūrṇam*, as well as the *kvāthas* have been suggested for the treatment of the disease. If *śīrṣāmbu roga* is not cured through them the water deposited in the head should be removed using the *tṛikūrcak yañtra* (trocar). This helps the patient to get some relief. However, this surgical method should be taken up by experts only.

यत्पुष्टिकृच्च सुपचं पानमन्नं प्रकीर्त्तितम् । शीर्षाम्बुरोगे यत् पथ्यं त्वपथ्यं च तदन्यथा ।।२६।।

26. For the patients of *śīrṣāmbu roga*, easily digestible and nutritious or weight-promoting meals and drinks are prescribed.

इति भैषज्यरत्नावल्यां विशिष्टरोगाधिकारे शीर्षाम्बुरोगचिकित्साप्रकरणम् ।।९८।।
इति भैषज्यरत्नावल्यां विशिष्टरोगाधिकारे 'विद्योतिनी' नामिकायां भाषाटीकायां शीर्षाम्बुरोगचिकित्साप्रकरणम् ।।९८।।

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अथ मस्तिष्कवेपनचिकित्साप्रकरणम् ९९

Chapter 99

Treatment of *Mastiṣka Vepana* (Head Injury)

मस्तिष्कवेपनस्य निदानम्–

यदा भवेन्मूर्ध्न्यभिघात उच्चकैस्तदा तदीयानुगुणैः स्वलक्षणैः ।
सुलक्ष्यमाणः खलु शीर्षवेपनामयो भवेद्वैद्यजनाभिभाषितः ।।१।।

तस्य लक्षणम्–

हृल्लासमूर्च्छे वमनंजडत्वं चित्तस्य चाञ्चल्यमतीव वेपुथः ।
स्यात्कर्णनादोमलिनास्यता च प्रविस्तृतिर्नेत्रकनीनिकायाः ।।२।।
नाड्यास्तथा स्पन्दनमल्पमात्रं शैत्यं तनोर्दुर्बलताऽधिकाऽपि ।
वाचो विकारः खलु पक्षहानी रोगे प्रजायेत हि शीर्षवेपने ।।३।।

1-3. When there is an external injury to the head, one gets the indisposition called *Mastiṣka Vepana*. The symptoms of this indisposition include vomiting tendencies, fainting vomiting, giddiness, vibration inside the ears, paleness of face, enlargement of the eyeballs, slow palpitation and coldness of the body, even smattering as well as stroke. This kind of symptoms relate to the general type of *Mastiṣka Vepana*.

तस्य लक्षणम्–

मनःस्थैर्यकरी कार्या क्रिया मस्तिष्कवेपने । शिरस्युष्णेऽतिशीतेन तोयेन सेचनं हितम् ।।४।।

4. The measures that pacify the mind and restore its position are useful in this disease. If there is a feeling of warmth inside the head, treating it with cold water is helpful.

मस्तिष्कवेपनध्वंसि दन्तीस्नेहेन रेचनम् ।।५।।

5. The *Mastiṣka Vepana* can be checked through application of *dantī ghṛitam* and the oil of seeds of *dantī*.

यदा नाडी भवेत्क्षीणा रोगेऽस्मिन् भिषजा तदा । सजला बललाभाय मृतसञ्जीवनी सुरा ।।६।।
प्रयोक्तव्या यथामात्रं बल्यमन्यच्च भेषजम् । तेन सा प्रकृतिस्था स्यान्नात्र कार्या विचारणा ।।७।।

6-7. When the palpitation of the patient is very low, to invigourate the heart one should take *Sanjīvanī Surā* (a kind of liquor) along with water. One can also

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take other diseases that are invigourating by effect. By use of the *Sanjīvinī Surā* the palpitation of nerve is restored and it starts working properly, without doubt.

वह्न्युष्मणा हरेच्छैत्यमङ्गानां कुशलो भिषक् ।।८।।

8. The experienced physician should place smokeless and inflamed fire around the bed of the patient so that his coldness of body is removed.

शाययित्वा च शय्यायामतिशीताङ्गशालिनम् । शीर्षवेपनरोगार्त्तं गुरूष्णवसनेन हि ।।९।।
आच्छाद्य यत्नात्सर्वाङ्गं तच्छय्याया अधस्तले । ज्वलदङ्गारराशिं च स्थापयित्वा समाहितः ।।१०।।

9-10. If the body of the patient has got cold like the snow, he should be wrapped properly with woolen blankets and his bed should be surrounded by smokeless heaters and stoves.

त्रिवृतादिक्वाथः–

त्रिवृतां स्वर्णपत्रीं च मुस्तकं मधुकं बलाम् । हरिद्रे द्वे नागरं च त्रिफलां कटुरोहिणीम् ।
क्वाथयित्वा प्रयोक्तव्यं शीर्षवेपनशान्तये ।।११।।

11. Tṛivṛitādi Kvātha:

Ingredients: *Niśotha*, *svarṇa patṛī*, *mustaka*, *madhuka*, *balā*, *haridrā*, *dāruharidrā*, dried ginger, *tṛiphalā* and *kaṭukī*.

Process of Drug-Making: Take equal parts of the following: *niśotha*, *svarṇa paṭṛī*, *mustaka*, *madhuka*, *balā*, *haridrā* and *dāruharidrā*, dried ginger, *tṛiphalā* and *kaṭukī*. Mix and prepare a coarse powder out of them. Take 24 gm. measure of this preparation and decoct it.

Method of use/Administration: Drink the same.

Therapeutic benefits: By drinking the decoction one is relieved from the *Mastiṣka vepana*.

वलाक्वाथेन सिन्दूरं शीर्षवेपथुनाशनम् । वातव्याधिहरं सर्वं भेषजं तस्य शान्तिकृत् ।।१२।।

12. Licking the honey treated with *rasa-sindūra* in 250 mg. measure along with 96 gm. decoction of the roots of *balā* checks all kinds of headache related to *mastiṣka vepana*. Moreover, taking other medicines prescribed in *vāta*-diseases is also effective in this indisposition.

पथ्यापथ्यम्–

क्षीरं मांसरसो मद्यं स्नायुपुष्टिकरं परम् । सुजरं सारकं स्वादु चान्नपानादिकं तु यत् ।

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शीर्षवेपथुरोगार्त्तकृते तन्निखिलं हितम् ।।१३।।
एतदन्यत् समस्तं हि विज्ञातव्यं तु दुःखदम् ।।१४।।

13-14. Diets and avoidable: milk, liquor, and juice of meat and other items that provide nutrition to the nerves should be taken by the patient of *mastiṣka vepana*. The meals that are easy to digest and tasty should be taken by the patient. The items which are opposite in property to the above diets should be avoided.

इति भैषज्यरत्नावल्यां विशिष्टरोगाधिकारे मस्तिष्कवेपनचिकित्साप्रकरणम् ।।९९।।
इति भैषज्यरत्नावल्यां विशिष्टरोगाधिकारे 'विद्योतिनी' नामिकायां भाषाटीकायां मस्तिष्कवेपनचिकित्साप्रकरणम् ।।९९।।

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अथ मस्तिष्कचयापचयचिकित्साप्रकरणम् १००

Chapter 100
Brain Enlargements

तत्रादौ मस्तिष्कचयस्य निदानादिकम्–

प्रायः शिशूनां क्वचिदेव यूनांतनुस्वभावादथवाऽपि दैवतः ।
कपालमत्यर्थमुपैति वृद्धिंमस्तिष्कवृद्धौ खलु मस्तुलुङ्गः ।।१।।
वृद्धिः समाना यदि मस्तुलुङ्गकपालगा स्याद्धि तदा तु तत्र ।
प्रायेण काचिन्न विकारजाता भीतिर्भिषग्भिः क्वचिदूहनीया ।।२।।
मस्तिष्कमध्ये यदि जातु वृद्धिर्न सा कपाले परिलोकिता स्यात् ।
मस्तिष्कमध्ये तु तदाऽतिघोरा उपद्रवाः स्युश्च तदीयपीडनात् ।।३।।

1-3. Sometimes children and even the elders are diseased by the ailment of brain enlargement, called *Mastiṣka Cayāpacaya* in Ayurveda. In this indisposition, brain of the patient start getting enlarged while his *kapāla* (i.e. the case of brain) does not enlarge similarly. If both the brain as well as the *kapāla* increase in correspondence this would not create any disease. On the other hand, enlargement of only the brain produces severe implications and ailment.

उपद्रवाः–

शिरोऽर्त्तिर्भ्रमो मूर्च्छनं पक्षनाशोबलस्यापि हानिस्तथाऽऽक्षेपरोगः ।
तथाऽन्तेऽपि मृत्युश्च मस्तिष्कवृद्धा उपद्रुत्य एता भिषग्भिर्विभाव्याः ।।४।।

4. The symptoms of this disease include headache, giddiness, fainting, stroke, loss of body strength and convulsions. Due to this the patient can even die.

मस्तिष्कचयस्य चिकित्सा–

वृद्धिस्तु मातुलुङ्गस्य भवेन्मृत्युप्रदायिनी । न भवेत्सफलं यद्यप्यौषधं तत्र योजितम् ।।५।।
तथाऽपि सेव्यं यत्नेन यथाविधि रसायनम् । पञ्चगव्यं घृतं क्षौद्रेणान्वितं पेयमेव हि ।।६।।

5-6. Death is generally caused due to enlargement of brain. Therefore, most of the efforts to treat this disease are fruitless. Nonetheless, so long as there is life breathing in the heart one should try one's best to save the patient of *Mastiṣka Cayāpacaya*. In this disease the patient should be given various *rasāyaṇa* and the like medicines. He can also be treated with *pañca gavya*, the medicines prescribed under the section related to *Apasmāra* (epilepsy).

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मस्तिष्कापचयस्य निदानादिकम्–

वृद्धिस्तु मस्तिष्कभवा यथा स्याद्ध्रासस्तथैवाप्युपजायते हि ।
ह्रासोऽपि मस्तिष्कगतः कपाले प्रवर्द्धमानेऽतिभयङ्करः स्यात् ।।७।।
ह्रासो यदा स्यात्क्वचिदेकपार्श्वे मृत्युर्भवेन्नैव तदाऽऽतुरस्य ।
चेन्मस्तुलुङ्गस्य समन्ततो वा ह्रासस्तदाऽऽश्वस्तु मृतिस्तदीया ।।८।।

7-8. The abnormal factor that causes the enlargement of brain also causes the loss of brain due to taking meals without liquid. If the *kapāla* enlarges and at the same time the brain does not enlarge so, this condition is considered even more serious. If only 1 part of the brain gets decrease it would not lead to death immediately. If the brain were decreasing from all its sides the patient would soon pass away.

मस्तिष्कापचयस्य चिकित्सा–

स्यान्मस्तुलुङ्गस्य सदैव वृद्धिर्ह्रासोऽपि नूनं मरणाय लोके ।
व्यर्थो भवेदत्र यदप्युपायस्तथाऽपि रासायनिको विधेयः ।।९।।
ह्रासो मस्तिष्कगो यद्यप्यन्तकृत् परिकीर्त्तितः । तथाऽपि बृंहणं श्रेष्ठं सेवनीयमिहौषधम् ।।१०।।

9-10. In both the above cases, the use of medicine is useless. However, one can take *rasāyaṇa* and other nutrients that promote the strength of body including its various parts such as the blood, flesh, marrow and the like.

चन्दनादिक्वाथः–

चन्दनद्वितयं मूर्वा द्वे श्यामे द्वे निशे शुभा । लाक्षा वरी गैरिकं च जीवन्ती मधुकं तथा ।।११।।
वाजिगन्धा वचा कृष्णा काकोली जीवकर्षभौ । क्वाथमेषां पिबेत् प्रातर्मस्तिष्कह्रासशान्तये ।।१२।।

11-12. Candanādi Kvātha:

Ingredients: White and red varieties of sandalwood, *mūrvā*, *anantamūla*, *śyāmālatā*, turmeric, *dāru haridrā*, *vanśalocana*, *lākṣā*, *śatāvarī*, purified *svarṇagairika*, *jīvantī*, *madhuka*, *aśvaghanda*, *vacā*, *pippalī*, *kākolī*, *jīvaka*, *ṛiṣabhaka* and water.

Process of Drug-Making: Take and coarsely powder the following drugs in equal parts: white and red varieties of sandalwood, *mūrvā*, *anantamūla*, *śyāmālatā*, turmeric, *dāru haridrā*, *vanśalocana*, *lākṣā*, *śatāvarī*, purified *svarṇagairika*, *jīvantī*, *madhuka*, *aśvaghanda*, *vacā*, *pippalī*, *kākolī*, *jīvaka*, and *ṛiṣabhaka*. Take 24 gm. measure of their mixture and decoct it with 96 gm. measure of water.

Method of use/Administration: Drink the same.

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Therapeutic benefits: Drinking of this medicine cures one from the disease *Mastiṣka Cayāpacaya.*

अत्र वाताधिकारोक्तं घृतं तैलं यदुत्तमम् । अपस्माराधिकारस्थं वाऽपि सेव्यं तदादरात् ।।१३।।

13. The *Taila* and *Ghṛitam* types of medicines prescribed in the chapters of *vātaroga* and *apasmāra* (epilepsy) should also be considered in this disease.

पथ्यापथ्यम्–

मस्तिष्कस्य चये ह्रासे लघु देहस्य पोषणम् । अन्नपानं च सेवेत विपरीतं तु संत्यजेत् ।।१४।।

14. In indisposition related to the enlargement as well as decrease of brain the patient should take light, nutritious and easily digestible meals. He should avoid meals that are opposite to these qualities.

इति भैषज्यरत्नावल्यां विशिष्टरोगाधिकारे मस्तिष्कचयापचयचिकित्साप्रकरणम् ।।१००।।
इति भैषज्यरत्नावल्यां विशिष्टिरोगाधिकारे 'विद्योतिनी' नामिकायां भाषाटीकायां
मस्तिष्कचयापचयचिकित्साप्रकरणम् ।।१००।।

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अथ मस्तिष्करोगसामान्यचिकित्साप्रकरणम् १०१

Chapter 101
Treatment of General Brain Diseases

बिल्वादिचूर्णम्–

बिल्वं मुस्तकमेलाञ्च चन्दनं रक्तचन्दनम् । यवानीमजमोदाञ्च त्रिवृतां चित्रकं विडम् ।।१।।
अश्वगन्धां बलां कृष्णां तुगाक्षीरीं शिलाजतु । सञ्चूर्ण्य पयसा सार्द्धं प्रयुञ्ज्यात् काञ्जिकेन वा ।।२।।
सेवनादस्य मास्तिष्का गदाः स्नायविका अपि । पलायन्ते सुदूरं हि तार्क्ष्यत्रस्ता यथाऽहयः ।।३।।

1-3. Bilvādi Cūrṇam:

Ingredients: *Bilva*, *mustaka*, lesser variety of cardamom, red and white variety of sandalwood, *yavānī*, *ajamodā*, *niśotha*, bark of plant *citraka*, black salt, *aśvagandhā*, roots of *balā*, *kṛiṣṇā*, *tugakṣīrī*, *pippalī*, *vanśalocana* and purified *śilājatu*.

Process of Drug-Making: Obtain equal parts of *bilva*, *mustaka*, lesser variety of cardamom, red and white variety of sandalwood, *yavānī*, *ajamodā*, *niśotha*, bark of plant *citraka*, black salt, *aśvagandhā*, roots of *balā*, *kṛiṣṇā*, *tugakṣīrī*, *pippalī*, *vanśalocana* and purified *śilājatu*. Compound them together and store the recipe in a jar or bottle.

Method of use/Administration: Take this preparation in doses of 3-6 gm. along with lukewarm milk or *kānji*.

Therapeutic benefits: Taking this medicine daily removes diseases of brain and nervous as effectively as the great bird *Garuḍa* removes the snakes.

त्रिवृतादिमोदकः–

त्रिवृताममृतां द्राक्षां जातीकोषफलाभयाः । जीवन्तीं मधुकं श्यामामनन्तामिन्द्रवारुणीम् ।।४।।
अब्दमिन्दीवरं वह्निं मधुकं मागधी मुराम् । चन्द्रशूरं च सूक्ष्मैलां शङ्खिनीं चविकां तथा ।।५।।
चूर्णाङ्घ्रिमानां विजयां शुद्धां बीजविवर्ज्जिताम् । सितां सर्वद्विगुणितां निकुम्भेन्धनवह्निना ।।६।।
यथाशास्त्रं भिषक पक्त्वा मोदकं परिकल्प्य च । प्रयुञ्ज्यात् पयसोष्णेन सायाह्ने शाणमात्रया ।।७।।
मास्तिष्के दारुणे व्याधौ स्नायुजे मारुतोद्भवे । पित्तजे कफजे वाऽपि ग्रहण्यां विकृतेऽनले ।।८।।
क्लीवतायां ज्वरे जीर्णे दुष्टे रजसि रेतसि । प्रयोज्यो देवदवोक्तो मोदकस्त्रिवृतादिकः ।।९।।

4-9. Tṛivṛitādi Modaka:

Ingredients: *Niśotha*, *amṛitā*, raisin, mace, nutmeg, *abhayā*, *jīvantī*, *madhuka*, *śyāmālatā*, *anantamūla*, roots of *indrāyana*, *mustaka*, blue lotus, bark of plant

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citraka, *pippalī*, *murā*, *candraśūra*, lesser variety of cardamom, *śankhapuṣpī*, *cavya*, purified *vijayā* and raw sugar.

Process of Drug-Making: Obtain 12 gm. measure each of the following: *nisotha*, *amṛitā*, raisin, mace, nutmeg, *abhayā*, *jīvantī*, *madhuka*, *śyāmālatā*, *anantamūla*, roots of *indrāyana*, *mustaka*, blue lotus, bark of plant *citraka*, *pippalī*, *murā*, *candraśūra*, lesser variety of cardamom, *śankhapuṣpī*, and *cavya*. Compound and powder these herbs and mix the preparation with powder of purified *vijayā* in a measure that is one fourth of the combined weight of the above herbs. Obtain raw sugar measuring two times in weight of all the above herbs, and prepare syrup of it on fire of the woods of plant *dantī*. Mix the above preparation into the syrup and prepare roundly shaped *modakas* (i.e. balls).

Method of use/Administration: Take this *Tṛivṛitādi Modaka* during evening time in doses of 4 gm.

Therapeutic benefits: God Mahādeva has suggested this medicine. It cures all kinds of brain and nervous diseases, impotency, indigestion, chronic fever as well as vitiated blood and sperm.

अमृतादिमण्डूरम्–

अमृता निम्बभूनिम्बौ बृहती विश्वभेषजम् । रजन्यौ मधुकं मूर्वा मञ्जिष्ठा मदभञ्जिनी ।।१०।।
श्रीप्रसूनं पाटला च तथैव जलपिप्पली । समानि समभागानि मण्डूरद्विगुणं ततः ।।११।।
मण्डूरादष्टगुणिते मूत्रेऽमूनि विपाच्य च । कर्षप्रमाणं मधुना सह सेवेत मानवः ।।१२।।
मास्तिष्कानामयान् सर्वान् वातपित्तकफोत्थितान् । मण्डूरममृताद्येतन्निहन्त्येव न संशयः ।।१३।।

10-13. Amṛitādi Manḍūram:

Ingredients: *Amṛitā*, bark of the *neem* tree, *bhūnimba*, dried ginger, *haridrā*, *dāru haridrā*, *madhuka*, *mūrvā*, *manjiṣṭhā*, *śatāvarī*, clove, *paṭala*, *jalapippalī*, *manḍūra bhasma* and cow urine.

Process of Drug-Making: Obtain in 12 gm. measure each of the following: *amṛitā*, bark of the *neem* tree, *bhūnimba*, dried ginger, *haridrā* and *dāru haridrā*, *madhuka*, *mūrvā*, *manjiṣṭhā*, *śatāvarī*, clove, *paṭala*, and *jalapippalī*. Take the *manḍūra bhasma* measuring 156 gm. (that is equal to the combined weight of the above) and cow urine measuring 1248 ml. (that is eight times to the weight of the *manḍūra*). Put all the above in an iron sauce pan and cook the preparation properly. Prepare small pills measuring 12 gm. each, from the preparation when it gets dried.

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Therapeutic benefits: Consumption of this *Amṛitādi manḍūram* removes all kinds of brain diseases caused by the disordered *kapha*, *pitta* and *vāta*. The diseases are removed as effectively as the *vajra* of Indra removes trees.

पञ्चामृतलौहगुग्गुलुः–

रसगन्धकताराभ्रमाक्षिकाणां पलं पलम् । लौहस्य द्विपलं चापि गुग्गुलोः पलसप्तकम् ।।१४।।
मर्दयेदायसे पात्रे दण्डेनाप्यायसेन च । कटुतैलसमायोगाद्यामद्वयमतन्द्रितः ।।१५।।
माषमात्रप्रयोगेण गदा मस्तिष्कसंभवाः । स्नायुजा वातजाश्चापि विनश्यन्ति न संशयः ।।१६।।
यं पञ्चामृतलौहाख्यो गुग्गुलुर्न हरेद्गदम् । नासौ संजायते देहे मनुष्याणां कदाचन ।।१७।।

14-17. Pañcāmṛita Lauhaguggulu:

Ingredients: Purified mercury, purified *pārada*, *rajata bhasma*, *abhraka bhasma*, *svarṇamākṣika*, *lauha bhasma* and purified *guggulu*.

Process of Drug-Making: Take 48 gm. each of the following: Purified mercury, purified *pārada*, *rajata bhasma*, *abhraka bhasma* and *svarṇamākṣika*. Obtain 96 gm. measure of *lauha bhasma* and 336 gm. measure of purified *guggulu*. Prepare *kajjalī* from the *pārada* and *gandhaka* and mix rest of the materials into it. Prepare a ball shaped lump from the mixture and process the same for six hours in a big hand mortar made of iron using mustard oil and iron made hand hammer. Thus, compound the preparation thoroughly and soften it. Prepare pills measuring 1 gm. each.

Method of use/Administration: Take one pill of this *Pañcāmṛita Lauhaguggulu* during morning and evening hours.

Therapeutic benefits: This medicine shakes brain and nervous diseases caused by *vāta*. This medicine, if taken along with different *anupānas* can cure almost all kinds of diseases.

अभयादिगुग्गुलुः–

अभयाऽऽमलकी द्राक्षा शताह्वा ब्रह्मयष्टिका । शारिवे द्वे च मञ्जिष्ठा निशा दारुनिशा वचा ।।१८।।
शिथिलं वाससा बद्धं गुग्गुलुमष्टमुष्टिकम् । सार्द्धद्रोणे जले पक्त्वा पादेशेषऽवतारयेत् ।।१९।।
ततस्तं गुग्गुलुं तस्मिन् क्वाथतोये पुनः पचेत् । सिद्धप्राये क्षिपेत्पाके मुशलीं मधुकं मुराम् ।।२०।।
चातुर्जातं विडङ्गं च देवपुष्पं दुरालभाम् । त्रिवृतां त्रायमाणां च त्र्यूष्णं च पलोन्मितम् ।।२१।।
अभयादिरसौ हन्ति गुग्गुलुः स्नायुसम्भवान् । मास्तिष्कानपि रोगांश्च मधुना सह सेवितः ।।२२।।

18-22. Abhayādi guggulu:

Ingredients: *Abhayā*, *āmalakī*, raisin, aniseeds, *bhārgī*, white and black varieties of *śārivā*, *manjiṣṭhā*, *haridrā*, *dāru haridrā*, *vacā*, purified *guggulu*,

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water, *muśalī*, *madhuka*, *murā*, cinnamon, bark, lesser variety of cardamom, cassia, *nāgakeśara*, *viḍanga*, clove, *durālabhā*, *niśotha*, *trāyamāṇā*, dried ginger, *marica* and *pippalī*.

Process of Drug-Making: Obtain eight *pala* (i.e. 384 gm.) each of *abhayā*, *āmalakī*, raisin, aniseeds, *bhārgī*, white and black varieties of *śārivā*, *manjiṣṭhā*, *haridrā* along with *dāru haridrā* and *vacā*, all in coarsely powdered form. Obtain 480 gm. of purified *guggulu* tied into a cloth pack, put the pack along with the above drugs into water measuring 37.50 litres and cook it till the quantity reduced to one fourth or one eighth of the original quantity. Churn the packed *guggulu* with hand and dissolve the same into the above preparation. Cook the decoction again. When the preparation gets cold mix the following drugs measuring 60 gm. each into it, *muśalī*, *madhuka*, *murā*, cinnamon, bark, lesser variety of cardamom, cassia, *nāgakeśara*, *viḍanga*, clove, *durālabhā*, *niśotha*, *trāyamāṇā*, dried ginger, *marica* and *pippalī*. Cook the preparation for some time and remove it from the stove. Prepare 1 gm. worth pills out of the preparation and dry them under shade.

Method of use/Administration: Take one pill each during morning and evening hours every day along with honey and lukewarm milk.

Therapeutic benefits: This medicine called *Abhayādi Guggulu* cures one from all kinds of brain and nervous diseases. If taken along with different *anupāna* this medicine is capable of removing all kinds of diseases.

धात्रीघृतम् (बृहत्)–

धात्रीफलस्य शाल्मल्या बृहत्या वासकस्य च । शतावर्या विदार्याश्च प्रस्थमानेन चाम्भसा ।।२३।।
कल्कैःकरिकणाकृष्णाकक्कोलककसेरुभिः । खलिनीखदिराभ्याञ्च खण्डिकेनच खण्डिना ।।२४।।
गदागदाभ्यां गन्धेन गोस्तन्या गोपकन्यया । घमाघनघनाभ्याञ्च घनाघनघनस्वनैः ।।२५।।
पयसा च पयस्विन्या पक्त्वा प्रस्थमितं घृतम् । प्रयुञ्ज्यात्पयसोष्णेन प्रातरक्षप्रमाणतः ।।२६।।
मास्तिष्कानखिलान्व्याधीन्स्नायुदोषसमुद्भवान् । रक्तपित्तं क्षयं क्लैब्यंकासश्वासानिलामयान् ।।२७।।
उन्मादञ्च भ्रमं मूर्च्छां धात्रीघृतमिदं महत् । सप्ताहमभ्यवहृतं निराकुर्यान्न संशयः ।।२८।।

23-28. Dhātrīghṛitam:

Ingredients: Old and *mūrcchita ghṛitam*, juice of *āmalakī*, juice of the roots of silk cotton tree, juice or decoction of *kañṭakārī*, juice of the leave of the plant *vāsaka*, juices of *śatāvarī*, *vidārīkanda*, *gajapippalī*, *pippalī*, *kankola*, *kaseru*, *muṣalī*, *khadirkāṣṭha*, *khanḍikā*, wild variety of *mudga* pulse (kidney bean), *kuṣṭha*, *paṭala*, bark of the plant *śigru*, raisin, *anantamūla*, *kākamācī*, *mustaka*, *māṣaparṇī*, *meghanāda*, *kṣīrkākolī* and *vidārīkand*.

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Process of Drug-Making: Obtain two and a quarter kilo each of the following: old and *mūrcchita ghṛitam*, juice of *āmalakī*, juice of the roots of silk cotton tree, juice or decoction of *kañṭakārī*, juice of the leave of the plant *vāsaka* and juices of *śatāvarī* and *vidārīkanda*. Take 24 gm. measure each of the following for the *kalka*: *gajapippalī*, *pippalī*, *kankola*, *kaseru*, *muṣalī*, *khadirkāṣṭha*, *khanḍikā*, wild variety of *mudga* pulse (kidney bean), *kuṣṭha*, *paṭala*, bark of the plant *śigru*, raisin, *anantamūla*, *kākamācī*, *mustaka*, *māṣaparṇī*, *meghanāda*, *kṣīrkākolī* and *vidārīkand*. Mix all the above and cook the preparation. This medicine is called *Bṛihad Dhātrī Ghṛitam*.

Method of use/Administration: Take this medicine in doses of 12 gm. along with lukewarm milk for one week.

Therapeutic benefits: It cures different brain diseases, nervous diseases, consumption, impotency, *raktapitta*, bronchitis, insanity, giddiness and fainting and the like.

लक्ष्मीविलासतैलम्–

शतावर्या विदार्याश्च कदल्या गौक्षुरस्य च । नारिकेलस्य धात्र्याश्च कूष्माण्डस्याम्बुना पृथक् ।।२९।।
मस्तुना काञ्जिकेनापि लाक्षायाः सलिलेन च । छागेन पयसा कल्कैः शटीचम्पकमुस्तकैः ।।३०।।
बलाबिल्वाश्वगन्धाभिर्बृहत्या वासकेन च । चन्दनद्वयमञ्जिष्ठाश्यामाऽनन्तानिशायुगैः ।।३१।।
मधुकेन मधूकेन पद्मकोत्पलबालकैः । यमान्या च प्रसारण्या गन्धद्रव्यैस्तथाऽखिलैः ।।३२।।
एकादश्यां पूजयित्वा लक्ष्मीनारायणौ शुचिः । तैलं तिलसमुद्भूतं पचेन्मौनी जितेन्द्रियः ।।३३।।
मस्तिष्कस्नायुजान् घोरान् गदान्मेहांश्च विंशतिम् । वातव्याधीनशेषांश्च मूर्च्छोन्मादावपस्मृतिम् ।।३४।।
ग्रहणीं पाण्डुतां शोषं क्लीबतां वातशोणितम् । मूढगर्भं रजोदोषं दोषं शुक्रगतं तथा ।।३५।।
तैलं लक्ष्मीविलासाख्यं नाशयित्वाऽऽशुवै बलम् । पुष्टिं कान्तिं धृतिं मेधांजनयेन्नात्र संशयः ।।३६।।

29-36. Lakṣmīvilāsa Tailam:

Ingredients: *Mūrcchita* sesame oil, expressed juice of *śatāvarī*, juice of *vidārīkanda*, juice of the roots of banana tree, decoction of *gokṣura*, coconut water of the unripe coconut, juice of *āmalakī*, juice of the ash gourd, water obtained from the curd, *kānji*, juice of *lākṣā*, milk of goat, *śaṭī*, *campaka* flowers, *mustaka*, *balā*, bark of the *bilva* tree, *aśvagandhā*, all the five parts of (*pañcānga*) of *kañṭakārī* and *aḍuṣā*, red and white varieties of sandalwood, *manjiṣṭhā*, *śyāmālatā*, *anantamūla*, *haridrā* and *dāru haridrā*, *madhuka*, flowers of the *madhuka*, *padmaka*, blue lotus, *gandhabālā*, caraway seeds and *prasāriṇī*.

Process of Drug-Making: Obtain half kilo of each of the following *mūrcchita* sesame oil, expressed juice of *śatāvarī*, juice of *vidārīkanda*, juice of

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the roots of banana tree, decoction of *gokṣura*, coconut water of the unripe coconut, juice of *āmalakī*, juice of the ash gourd, water obtained from the curd, *kāṇji*, juice of *lākṣā* and milk of goat. Take, for *kalka*, *śaṭī*, *campaka* flowers, *mustaka*, *balā*, bark of the *bilva* tree, *aśvagandhā*, all the five parts of (*pañcānga*) of *kañṭakārī* and *aḍuṣā*, red and white varieties of sandalwood, *manjiṣṭhā*, *śyāmālatā*, *anantamūla*, *haridrā* and *dāru haridrā*, *madhuka*, flowers of the *madhuka*, *padmaka*, blue lotus, *gandhabālā*, caraway seeds, and *prasāriṇī* each measuring 24 gm. and in powered form. Worship properly God Laxmi Nārāyaṇa on the eleventh day of new moon and maintain silence and other austerities. Then cook all the above drugs properly and strain the liquid.

Method of use/Administration: Use this oil for nasal treatment and apply it on the body as balm on daily basis.

Therapeutic benefits: This medicated oil cures different kinds of brain and nervous diseases, fainting, varieties of dysuria, insanity, epilepsy, *vātarakta*, anemia, consumption, impotency, disordered menstruation, and the like. This medicine called *Lakṣmīvilāsa Taila* is capable to remove without doubt all kinds of diseases and equip the body with vigour, nutrition, intelligence, understanding and other qualities.

मस्तिष्करोगे पथ्यापथ्यम्–

यदन्नपानं स्नायूनां परमं पुष्टिकृत्स्मृतम् । सारकं स्वादु सुजरं क्षीरं मांसरसः सुरा ।।३७।।
एतत् सर्वन्तु पथ्यं स्यादपथ्यं त्वितरत् समम् । अतो विचार्यैव भिषक् सेवयेत्त्याजयेदपि ।।३८।।

Diets and avoidable in treatment of brain disease:

37-38. The meals and drinks that provide nutrition to the body, that are easy to digest, sweet and tasteful should be taken while suffering from brain diseases. Milk, liquor, meat soup, etc. are also useful diets. The meals and drinks that cause contrary results should be avoided in such indisposition.

इति भैषज्यरत्नावल्यां विशिष्टरोगाधिकारे मस्तिष्करोगसामान्यचिकित्साप्रकरणम् ।।१०१।।
इति भैषज्यरत्नावल्यां विशिष्टरोगाधिकारे 'विद्योतिनी' नामिकायां भाषाटीकायां मस्तिष्करोगसामान्यचिकित्साप्रकरणम् ।।१०१।।

End of the Chapter 101 of Bhaiṣajya Ratnāvalī with Commentary

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अथांशुघातरोगचिकित्साप्रकरणम् १०२

Chapter 102
Treatment of Sunstroke

तस्य कारणम्–

प्रचण्डचण्डांशुकरैर्यदैव प्रतप्तशीर्षःपुरुषस्तदैव ।
वपुर्विमर्दी ननु देहिनोंऽशुघाताभिधो व्याधिरुदेति तस्मिन् ।।१।।

1. If the head gets heated by the scorching sun, one can be struck by the sunstroke, which proves fatal on occasions.

भूम्नाऽयमुग्रातपहेतुतः सदा स्यादंशुघातः खलु दुर्बलादिषु ।
उष्णप्रदेशेषु तथैव भूमेरार्द्रत्वतः स्थैर्यत एव वायोः ।।२।।
उष्णानि कार्याण्यनिशं प्रकुर्वत्स्वेतत्प्रभावान्मनुजेषु नूनम् ।
ग्रीष्मप्रचण्डांशुनिषेविषूपानदात पत्रादिमनाश्रितेषु ।।३।।
निर्वातकाराऽलयमास्थितेषु प्राधान्यतो योद्धृजनेष्ववश्यम् ।
संजायते प्राणिवपुर्विमर्दी घोरो गदः सद्भिषजां मतेन ।।४।।

2-4. Generally the weak individuals get this indisposition due to sun-heat. In hot region due to moisture on the ground and stability of the wind, the individuals facing hot conditions get this indisposition called *Anśughāta* or the sunstroke. The individuals who move around a lot without shoes and umbrellas are bound to get sunstroke. Likewise, the prisoners and soldiers are also prone to this fatal indisposition.

तस्य लक्षणम्–

अस्यांशुघातस्य गदस्य वैद्यैस्तिस्रस्त्ववस्थाः परिकीर्त्तिता वै ।
शीताभिधाऽऽद्या च ततो द्वितीया साधारणी चान्तगता हि तीव्रा ।।५।।
क्लिन्नत्वशीतत्वसमन्विता त्वग् मूर्च्छाः श्रमः स्यादथ दुर्बलत्वम् ।
तीव्रत्वमुक्तं ननु नाडिकायास्तत्रादिमायां हि रुजो दशायाम् ।।६।।

5-6. Three stages of this indisposition have been noted. One - the stage called '*śīta*', second - stage called '*sādhāraṇī*' and third - stage called '*tīvra*'. The first stage is a minor one, having symptoms like coldness of skin, fainting, weakness and increased palpitation.

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अस्यां दशायां नहि जातु मृत्युःप्रदृश्यते रोगिजनस्य नूनम् ।
चिकित्सया जीवनमेव रोगी हृत्कार्यरोधात्तु लभेत मृत्युम् ।।७।।

7. In this (first) stage the patient would not die. He can retain life. He can die only when he stops breathing.

तथा द्वितीया हि दशां गतस्यांशुघातिनो मूर्ध्नि भवेद्धि शूलम् ।
पीडाऽपि शुष्कत्वमथोष्णता च त्वचो धमन्याश्चपलत्वमुक्तम् ।।८।।
क्षीणत्वमेवं बहुदुर्बलत्वंहृच्छ्वासयोरप्यतिनिश्चयेन ।
मूर्च्छाऽऽदिचिह्नानि भवेयुरत्र प्रायेण पूर्वोक्तदशासमानि ।।९।।

8-9. In the second stage of the indisposition, the patient feels a severe headache and his skin gets dry and hot. The palpitation is raised and there appears a high degree of weakness in heart and in breathing. The patient gets fainted in this stage as well.

एवं दशामाप्नुवतोऽन्तिमां च ज्वरस्तु तीव्रः श्वसनं प्रलापः ।
भवेद्गदार्त्तस्य च नीलवर्णता संन्यासरोगो मरणं तथाऽन्ते ।।१०।।

10. At the third and final stage, the patient has a fever and his palpitation is severally raised. He makes noises and gradually his skin gets a dark blue colour. He faints and suffers a syncope and passes away.

असाध्यलक्षणम्–

करद्वयेऽङ्घ्रिद्वितये च नीलिमा तथा धमन्याः क्षणलुप्तता च ।
विक्षेपणं चावयवस्य रोगिणोंऽशुघातिनो मृत्युकृते भवन्ति ।।११।।

11. If there is manifestation of blue colour in the hands and legs of the patient, his breathing gets halted every now and them and there is convulsion. These symptoms should be taken as to indicate that the patient of *anśughāta* would die very soon.

अशुंघातस्य चिकित्सा–

अङ्गावरणवासांसि दूरे निक्षिप्य यत्नतः । प्रच्छाये प्रवहद्वाते गन्धाढ्ये मनसः प्रिये ।।१२।।
विविक्ते व्यक्तनभसि विहङ्गगणनादिते । शीतलैर्मृदुलैः पर्णैः पद्मादिप्रभवैरपि ।।१३।।
विस्तीर्णायां सुशय्यायां शाययेदंशुघातिनम् । ततस्तस्य हरेत्स्वेदं तालवृन्तभवानिलैः ।।१४।।
पद्मरम्भादलोशीरव्यजनैस्तं च वीजयेत् । शीतवारिपरीषेकं विदध्याच्च मुहुर्मुहुः ।।१५।।

12-15. All the clothes of the patient of sunstroke should be removed. He should be given a loin to wear and be taken to a place under a deep shadow. This

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place should be scented with the nature scents of the flowery plants around it. There should be birds like swan and cuckoos around it. The place should be open and pleasant like a garden. In such a location the patient should be laid in a comfortable, soft and cool bed having the leaves of pleasant flowers and plant. The patient should be comforted with the fans of the wet leaves of banana, lotus, palm tree or the like. His body should be washed with cool water frequently.

सचन्दनं च सलिलं स्वल्पमेव प्रपाययेत् । पिपासाऽऽर्त्तेन सहसा पाययेदम्बु वाऽधिकम् ।।१६।।

16. The patient feeling severe thirst should not be allowed to drink huge quantity of water all of a sudden. He should be rather given cool water treated with sandalwood.

दाहोष्णतानिरासार्थं सर्वमङ्गं च रोगिणः । शीतलाम्भोऽधिकार्द्रेणाम्बरेणाच्छादयेद्भिषक् ।।१७।।
सहस्त्रधारया स्नानमंशुतापामयापहम् ।।१८।।

17-18. The entire body of the patient should be covered with cloths wet in cool water. His head should be sprinkled with shower of cool water. Also, bathing under the shower provides relief to the patient of *anśughāta*.

दन्तीतैलेन संप्रोक्तं हितं रेचनमुत्तमम् । अंशुघातगदार्त्तस्य विड्विबन्धे भिषग्वरैः ।।१९।।

19. If the patient of *anśughāta* is suffering from constipation; he should be served with a sweet dish treated with half to one drop of *dantī*-oil.

Discussion: Instead of taking the drop of *dantī*-oil the patient can get a massage of the same around his naval so that he could pass stool comfortably.

कदुष्णमेव घाटायां संस्थाप्यान्येन वाससा ।।२०।।
अनार्द्रेणाथवा रम्भादलः कोमलबन्धनम् । दाहावधि विधातव्यं विधान भिषजेदृशम् ।।२१।।
एवंविधेन विधिना तन्मूर्च्छा द्रागपैत्यपि । अन्ते गदी सुखं प्राप्य प्रकृतीतस्थो भवेद् भृशम् ।।२२।।

20-22. Take woolen cloth and wet it into a very hot water. Squeeze out the water by pounding the cloth. Sprinkle some drops of *śrīvāsa*. Wrap the patient's neck from the cloth while it is still some hot. Place a dry piece of cloth or banana leaves over the wrapper and loosely close it. This measure can remove the faintness of the patient and pars of his body feel comfort.

Note: If the woolen cloth is very hot indeed it should be replaced, at least after the patient gains consciousness.

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यदाऽङ्गोष्मविनाशः स्यात् किंवा नाडीव्यतिक्रमः । तदा तदपनोदार्थं युक्त्या स्वेदनमाचरेत् ।।२३।।
पाययेच्च यथामात्रं मृतसंजीवनीं सुराम् ।।२४।।

23-24. After application of the above methods, the patient would manifest signs of recovery including clear heartbeat. His body may be still cool around arms and the legs. In such condition, the patient should be given *svedana* (fomentation) therapy, i.e. he should be wrapped over by woolen clothing and his bed should be surrounded by burning heaters. Thus, his body should be warmed up again. Along with that the patient should be served with liquor called *Mṛitasanjīvanī Surā*. Patient whose body has become cool should be treated in such a manner so that his health is restored.

रत्नेश्वररसः–

वज्रं वैक्रान्तमभ्रं च रससिन्दूरमाक्षिके । सुवर्णं मौक्तिकं तारं सममिक्षुभवाम्भसा ।।२५।।
शतावरीविदार्योश्चस्वरसाभ्यां पृथक्पृथक् । विभाव्य वटिकाःकार्याभिषग्भी रक्तिकोन्मिताः ।।२६।।
त्रिफलाऽम्ब्वनुपानेन प्रयोक्तव्याः प्रयत्नतः । मस्तिष्कस्नायुसंभूतान् गदान् रत्नेश्वरो रसः ।
निहन्यादंशुघातं च विशेषान्नात्र संशयः ।।२७।।

25-27. Ratneśvara Rasa:

Ingredients: *Hīraka bhasma*, *vaikrānta bhasma*, *abhraka bhasma*, *rasa-sindūra*, *svarṇa-mākṣika bhasma*, *svarṇa bhasma*, *muktā bhasma*, *rajata bhasma*, juice of sugar cane, *śatāvarī* plants and juice of *vidārīkanda*.

Process of Drug-Making: Take equal parts of the following: *hīraka bhasma*, *vaikrānta bhasma*, *abhraka bhasma*, *rasa-sindūra*, *svarṇa-mākṣika bhasma*, *svarṇa bhasma*, *muktā bhasma* and *rajata bhasma*. Process each of them separately through the *bhāvanā* method using the juice of sugar cane, *śatāvarī* plant as well as the juice of *vidārīkanda*. This process should be repeated for three consecutive times. Prepare pills weighing 250 mg. each out of the mix of the above materials.

Method of use/Administration: This medicine called *Ratneśvara Rasa* should be taken in doses of one pill thrice a day i.e. during the morning, afternoon and in the evening. The pills should be taken along with the water treated by the *triphalā*.

Therapeutic benefits: This medicine definitely cures the diseases related to brain and nerves, particularly the cases of sunstroke.

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महाशिशिरपानकम्–

सिता द्विपलिका ग्राह्या चन्दनं चैकतोलकम् । जम्बीरस्य तथा वर्याः स्वरसश्च पृथक् पलम् ।।२८।।
शाणकं मधुरीतैलमर्द्धप्रस्थमिते जले । संमिश्र्य च समालोड्य स्तोकमात्रं पुनः पुनः ।।२९।।
अंशुघातगदाक्रान्तं पाययेत् सुखदं हि तत् । महाशिशिरनामेदं पानकं हरिणोदितम् ।।३०।।

28-30. Mahāśiśira Pānakam:

Ingredients: Jaggery, *kalka* of the white sandalwood, juice of *jambīra* lemon, *śatāvarī*, oil of aniseeds and water.

Process of Drug-Making: Take 120 gm. of jaggery, *kalka* of the white sandalwood 12 gm., the juice of *jambīra* lemon and *śatāvarī* 60 gm. each, the oil of aniseeds measuring 4 gm. and mixing all of them together pour the mixture into water worth 480 ml.

Method of use/Administration: Drink the same.

Therapeutic benefits: This drink should be given to the patient suffering from the sunstroke. This drug has been prescribed by Bhagavān Viṣṇu.

अंशुघातेऽपि कुशला वैद्या मूर्च्छाविनाशिनीम् । क्रियां सर्वां प्रकुर्वन्ति रोगिणः सुखहेतवे ।।३१।।

31. The wise physician should apply all the medicine to the patient as has been prescribed for the cases of fainting.

अंशुघाते निवृत्तेऽपि मिथ्याहारविहारिणः । अपस्मारादयः प्रायो जायन्ते बहवो गदाः ।।३२।।
तन्मुक्तोऽतो हितं नित्यं सेवेताबललाभतः । मनःप्रीतिप्रदं कर्म विदधीत निरन्तरम् ।।३३।।

32-33. The individual who has recently recovered from sun-stroke should not continue to take unregulated diet and meals as such intake may lead to epilepsy and the like indispositions. Therefore, wise physicians should instruct such individuals to maintain regulated dietary habits until they gain proper shape and health.

पथ्यापथ्यम्–

अन्नपानादिकं स्निग्धं बलदं पुष्टिदं सरम् । हितं स्यादंशुघातिभ्यो विपरीतं न शर्मकृत् ।।३४।।

34. The patient of sunstroke should take oily and other such meals that increase strength, vigour and stamina of the body. The easily digestible meals and drinks are very helpful for the patient. He should avoid taking meals and drinks that have properties opposite to the above.

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इति भैषज्यरत्नावल्यां विशिष्टरोगाधिकारेऽशुघातरोगचिकित्साप्रकरणम् ।।१०२।।
इति भैषज्यरत्नावल्यां विशिष्टरोगाधिकारे 'विद्योतिनी' नामिकायां
भाषाटीकायामंशुघातरोगचिकित्साप्रकरणम् ।।१०२।।

End of the Chapter 102 of Bhaiṣajya Ratnāvalī with Commentary

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अथ योषाऽपतन्त्रकचिकित्साप्रकरणम् १०३

Chapter 103
Treatment of *Yoṣa Apatañtraka* (Depression among Women)

तस्य कारणम्–

रक्तक्षयाद्वा बहुशोऽप्यजीर्णादुद्वेगतः कोष्ठविबन्धतो वा ।
शोकाच्च भङ्गान्मनसो जरायोर्विकारतोऽथो रजसो विनाशात् ।।१।।
कुटुम्बिनीनिष्ठुरभावतो वा दौर्बल्यतोऽपि प्रकृतेः कदाचित् ।
पत्युश्च निस्नेहतया तरुण्यावैधव्यशोकादथवा विशेषात् ।।२।।
योषित्सु रोगो यत एष कष्टदः प्रजायते मानसदेहतापनः ।।३।।
प्रकाशितोभूमितले तु योषाऽपतन्त्रकाह्वो बहुशोगदोऽसौ ।
वदन्त्यनेके भिषजस्तु योषाऽपस्मारमेतं तु निदानविज्ञाः ।
यावत्प्रवृत्ती रजसः स्त्रियां स्यात् तावद्गदस्यास्य मतो हि कालः ।।४।।

1-4. The disease called *Yoṣa Apatañtraka* appears among women due to such factors as loss of blood, agitation, constipation, grief, heart-break, complication in menstrual discharge, menopause, negligence on part of the relatives, particularly of husband, weakness of nature and due to continued widowhood at young age and the like. This disease is also named as *Yoṣa Apasmāra* by the scholars. However, the disease does not appear after cession of menstrual flow, i.e. menopause.

तस्य पूर्वरूपम्–

हृत्पीडनं जृम्भणमङ्गचित्तयोः सदाऽवसादो भवतीह योषिताम् ।
अव्यक्तरूपं गदितं तु योषाऽपतन्त्रकाख्ये हि गदे भिषग्भिः ।।५।।

5. The symptoms of early stage of this disease include heartache, depression in heart and other parts of body and yawning or like. The scholarly physicians have suggested this.

तस्य लक्षणम्–

चिह्नान्यनेकानि विचित्ररूपाण्यपि प्रजायन्त इवेत्यवेहि ।
ध्यानं भवेद्यस्य गदस्य यत्र स्यात्तत्रतस्याक्रमणं विशेषात् ।।६।।
किंवा क्वचिद्रोगिणि यानि चिह्नान्याकर्णितान्यप्यवलोकितानि ।
सर्वाणि तानि स्युरिहापि योषाऽपतन्त्रकाह्वे हि महागदेऽपि ।।७।।
तथाऽपि चिह्नानि विशेषतोऽस्मिन् स्युर्यानि दृष्टान्यखिलानि तानि ।

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विविच्य सौकर्यकृते चिकित्साविधावयं वच्मि भिषग्जनानाम् ।।८।।
वैचित्यमाक्रंदनरोदने च भ्रान्तिः प्रलापो मतिविभ्रमश्च ।
द्वेषः सदा ज्योतिषि चोद्धता स्यादाक्रोश उच्चैर्हसनं च कंठे ।।९।।
श्लेष्माशये पीडनमङ्गमध्येसहानुभूतिः क्वचन व्यथायाः ।
स्पर्शोत्थशक्तेरपि वृद्धिभावःश्वासस्य कृच्छ्रत्वमथोदराच्च ।।१०।।

6-10. Many different kinds of diseases affect a woman suffering from the *Yoṣa Apatañtraka*. In fact, she is attacked by the ailments, she thinks of or hears about. Nonetheless, as per the opinion of learned physicians the nature stage of this disease includes the following symptoms: fainting, crying, weeping, giddiness, confusion, animosity to light, shouting abuses, loudly laughing, pain in the throat and beneath, pain in different part of the body, increased power of touching, difficult breathing, feeling of swelling in stomach and throat and the like.

यावद्गलं चानृतगुल्मरोगोत्पत्तिस्तुमूर्च्छाऽत्रमतिप्रणाशः ।
योषित्सु जायन्त इमानि चिह्नान्यनारतं प्रायश एव लोके ।।११।।

तस्य परिणतिः–

यैः कारणैरेष गदः प्रजायते प्रयाति शान्तिं विरतेषु तेषु ।
अतःपरिस्थित्यनुसारतोऽस्यस्याल्लोकमध्येपरिमाम एव ।।१२।।
दैवात्कदाचिद्यदिकारणानां स्थितिर्भवेत्तर्हिगदप्रवृद्धिः ।
एवं निवृत्तेऽपिच हेतुवृन्देरोगस्यशान्तिर्नियताप्रदृश्यते ।।१३।।
काचिन्नारीमृतिमेतिरोगे वयोविवृद्धौस्वतएषशाम्यति ।
विपर्ययोऽपिप्रकृतेःकदाचिज्जायेतनार्या इति यन्नदृश्यते ।।१४।।
ततो गदस्यास्य भवेन्मुहुर्मुहुःप्रायःसदैवाक्रमणं नृलोक ।
इत्थं यथामत्यधुना तु योषापतन्त्रकाह्वस्यनिदानमुक्तम् ।।१५।।

11-15. The best remedy to this disease is nothing but remove off the factors leading to it. If the factors of disease are removed the patient is cured. However, if the fortune turns negative her condition is further deteriorated. Nonetheless, in this disease no patient dies and after passing of youth it gets cured by itself. Sometimes the nature of patient is reversed as well. But this condition is not manifested among all patients. The disease attacks time and again. Therefore, one should try to treat the indisposition as per the individual's circumstances.

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तस्य चिकित्सा–

धातुपुष्टिकरं यद् यत् पानमन्नं च भेषजम् । कोष्ठशुद्धिकरं तद्वत्तत्तदत्र हितं मतम् ।।१६।।
मूर्ध्नि नेत्रद्वये सेको मूर्च्छायां शीतलाम्भसा । अपि शीर्षविरेकस्तन्निवृत्त्यै योज्य एव हि ।।१७।।
मूर्च्छाऽपस्मारयोरुक्तं यद् यद् भेषजमुत्तमम् । तत्तदत्र यथादोषं भिषक् सर्वं प्रयोजयेत् ।।१८।।
जरायुदोषं सर्वं च निराकुर्याद् यथाविधि । योषाऽपतन्त्रकः शाम्येत् सान्त्वनैः प्रियदानतः ।।१९।।

16-19. The meals, drinks and after diets that provide nutrition to the vital fluids of the body and the stomach are all helpful in curing the disease. It the patient faints, her head should be douched up properly with cool water. The medicines prescribed in the cases of epilepsy and syncope can also be considered for treating *Yoṣa Apatañtraka* as well. The disorder related to *jarāyu* should also be corrected. If the patient is consoled or provided with the materials she is deprived off, the disease is cured.

भूतभैरवरसः (बृहत)–

सुवर्णभस्मनः स्वर्णसिन्दूरस्यांशयुग्मकम् । मुक्ताविद्रुमकान्तायोराजपट्टं पृथक् पृथक् ।।२०।।
एकभागमितं ग्राह्यं मर्द्यं कन्याऽम्बुनाऽपि च । मण्डूकपर्णीसंभूतरसेनापि यथाविधि ।।२१।।
गन्धर्वहस्तपत्रैश्च संवेष्ट्य दिवसत्रयम् । धान्यराशौ यथायुक्ति स्थापयेत्तत्तु गोलकम् ।।२२।।
ततो निष्काश्य तस्माद्धि वल्लमात्रां वटीं चरेत् । वरासितासमोपेतां वटीमेकां तु शीलयेत् ।।२३।।
अथवा पयसा साकं भूतोन्मादापहां शुभाम् । विनिहन्ति बृहद्भूतभैरवो रस एष हि ।।२४।।
योषाऽपतन्त्रकं घोरमपस्मारं मदं तथा । मूर्च्छां च विविधा वातसंभवा वेदना द्रुतम् ।।२५।।

20-25. Bhūta Bhairava Rasa:

Ingredients: *Svarṇa bhasma*, *svarṇa sindūra*, *muktā bhasma*, *kānta lauha bhasma*, *bhasma* of the magnetic stone, juices of *ghṛitakumārī*, *manḍukāparṇī* and leaves of *eraṇḍa*.

Process of Drug-Making: Take two parts each of *svarṇa bhasma* and *svarṇa sindūra* along with 1 part each of *muktā bhasma*, *kānta lauha bhasma* and *bhasma* of the magnetic stone. Combine all the materials and triturate them separately with juices of *ghṛitakumārī* and *manḍukāparṇī*. Prepare a round shaped lump out of the compound and wrap this lump with leaves of *eraṇḍa*. Methodologically keep this lump inside a heap of paddy. After a proper duration, remove out the lump and prepare pills measuring one *valla* each.

Method of use/Administration: Consume this medicine in doses of one pill along with *triphalā* powder and raw sugar or milk.

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Therapeutic benefits: This medicine cures one from insanity caused due to demons. This medicine named as *Bṛihad Bhūta Bhairava Rasa* cures such diseases as *Yoṣa Apatañtraka*, severe epilepsy, fainting and giddiness or the like.

इति भैषज्यरत्नावल्यां विशिष्टरोगाधिकारे योषाऽपतन्त्रकचिकित्साप्रकरणम् ।।१०३।।
इति भैषज्यरत्नावल्यां विशिष्टरोगाधिकारे 'विद्योतिनी' नामिकायां भाषाटीकायां
योषाऽपतन्त्रकचिकित्साप्रकरणम् ।।१०३।।

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अथ योनिकण्डूचिकित्साप्रकरणम् १०४

Chapter 104
Treatment of *Yoni Kanḍu* (Dryness and Itching)

तस्या निदानम्–

योनौ प्रायः श्लेष्मवैगुण्यहेतोरर्शः कोपाद्वस्तिजातेऽर्बुदेऽपि ।
योनिस्थानां संप्रसारात्सिराणां किंवा नारीणां विकाराज्जरायोः ।।१।।
पुंसा सार्द्धं सर्वदाऽतिप्रसङ्गात्प्रायःकाले चार्त्तवस्य प्रवृत्तेः ।
गर्भस्य प्रागुद्भवे वातलत्वाद् योनेः कण्डूर्जायते योनिमध्ये ।।२।।
एवं नारीवृद्धतातो विशेषात् प्रोक्तं वैद्यैर्योनिकण्डूनिदानम् ।।३।।

1-3. The disease *Yoni Kanḍu* (dryness and itching) affects the aged ladies due to the following causes: excess in the *kapha doṣa*, implication of the piles, enema-related *arbuda*, extension of the veins of vagina, in complicated menstrual discharge, excessive intercourse with males, and the like. This disease particularly attack, when the period is about to start or when one is to get pregnant. This disease produces itching in the vagina.

योनिकण्डूलक्षणम्–

योनौ कण्डूर्योनिकण्डूगदे स्यात् तोदो रौक्ष्यं शुष्कता चापि नूनम् ।
वृद्धिर्व्याधेरुष्णतातोऽपि शैत्याच्छान्तिर्लोके वैद्यवर्यैः प्रदिष्टा ।।४।।

4. The vagina becomes very dry and hard. There is a prickling pain around it. When it is hot, the ailment is more painful. When it is cold, the disease is not that severe. It has been suggested so be the physicians.

तस्याश्चिकित्सा–

योनिकण्डूगदिन्यै तु स्निग्धं दत्त्वा विरेचनम् । बल्यं रसायनं योज्यं भेषजं चास्रदोषहृत् ।।५।।

5. It is helpful for the indisposed woman to take an oil *virecana* (purgation) followed by taking of nutrition food and meals and *rasāyaṇa*. She should also take drugs that purify the blood.

शारिवे द्वे त्रिवृल्लोध्र तथा च गजपिप्पलीम् । निक्वाथ्य पाययेन्नीरं योनिकण्डूरुजाऽर्दिताम् ।।६।।

6. Take the decoction of the following: *anantamūla*, black variety of *śārivā*, *niśotha*, *lodhra* and the herb *gajapippalī*. It helps one to treat *Yoni Kanḍu*.

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शुभकरी वटी–

आफूकामृतसारायोविडमुस्तं समांशकम् । संमर्द्यानलनीरेण माषोन्मानां वटीं चरेत् ।।७।।
वटी शुभकरीयं सद्योनिकण्डूनिखण्डिनी ।।८।।

7-8. Śubhakarī Vaṭī:

Ingredients: Decoction of *citraka*, purified opium, *amṛitasāra lauha*, the *viḍa* variety of salt and *mustaka*.

Process of Drug-Making: Prepare pills weighing 1 gm. each by processing in a mortar the following along with the decoction of *citraka*: purified opium, *amṛitasāra lauha*, the *viḍa* variety of salt and *mustaka* in equal parts.

शिलाजत्वादिचूर्णम्–

शिलाजतु च सौभाग्यं वांशी लवणपञ्चकम् । अनलं पद्मकं नीलोत्पलं शुण्ठीं च मुस्तकम् ।।९।।
द्राक्षां गुडूची जीवन्तीं मधुकं चन्दनद्वयम् । संचूर्ण्य वारिणा नारीं कण्डूशान्त्यै तु पाययेत् ।।१०।।

9-10. Śilajatvādi Cūrṇam:

Ingredients: Purified *śilājīt*, borax, *vanśalocana*, all the five varieties of salt, the roots of plant *citraka*, *padmaka*. *nilotapala*, dried ginger, *mustaka*, raisin, *guḍūcī*, *jīvantī*, *madhuka* and the red and white varieties of sandalwood.

Process of Drug-Making: This is a powder-based formula involving all the ingredients in equal parts. Powders of the purified *śilājīt*, borax, *vanśalocana*, all the five varieties of salt, the roots of plant *citraka*, *padmaka*, *nilotapala*, dried ginger, *mustaka*, raisin, *guḍūcī*, *jīvantī*, *madhuka* and the red and white varieties of sandalwood.

योनिकण्डूगदे योनौ शीतलाम्भोऽभिषेचनम् । स्नेहः स्वेदो विधेयश्च बस्तिश्चोत्तरसंज्ञितः ।
योनिव्यापद्गदप्रोक्तं चाखिलं भेषजं हितम् ।।११।।

11. Irrigating the vagina through cold water, application of oily substances, fermentation and use of the *basti* (enema) therapy, these measures are helpful in the disease. The drugs prescribed under the section '*Yoni Vyāpada*' (i.e. Chapter 67) are helpful in the cases of the *Yoni Kanḍu* as well.

पथ्यापथ्यम्–

वातानुलोमनं यच्चं सुपच वह्निदीपनम् । यदन्नपानं तत् सेव्यं त्याज्यं चान्यत् प्रयत्नतः ।।१२।।

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12. In this disease the useful meals include *ghṛita*, milk, old rice of *śāli* variety, barley and sesame seeds as well as mutton. All other meals and diets are not suitable for the patient so she should avoid taking them.

इति भैषज्यरत्नावल्यां विशिष्टरोगाधिकारे योनिकण्डूचिकित्साप्रकरणम् ।।१०४।।
इति भैषज्यरत्नावल्यां विशिष्टरोगाधिकारे 'विद्योतिनी' नामिकायां भाषाटीकायां
योनिकण्डूचिकित्साप्रकरणम् ।।१०४।।

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अथाण्डाधाररोगचिकित्साप्रकरणम् १०५

Chapter 105
Treatment of *Aṇḍādhāra Roga*
(A Disease among women)

तस्य निदानम्–

अतिव्यवायादतिशीतसेवनात्तथाऽभिघाताद्विषभोजनादपि ।
अथो कुपथ्याशनतो गदोऽण्डा धारः प्रजायेत सदाऽङ्गनासु ।।१।।

1. Due to excessive sexual intercourse, taking of cold, poisonous and unwholesome and injurious diets the women can be diseased by the ailment called *Aṇḍādhāra*.

तस्य लक्षणम्–

उरुव्यथोरूदरमध्यसंस्था कृच्छ्राल्पते मूत्रगते सरक्तता ।
अरोचकत्वं त्वरतिर्बलक्षयो ज्वरश्च हृल्लास इहोद्भवेयुः ।।२।।
क्षुद्रा सवेगा धमनी च जिह्वा रक्तोज्ज्वला स्यादनिशं गदिन्याः ।
बोध्यानि चिह्नानि भिषग्भिरण्डाधारामयस्येति सुभाषितानी ।।३।।

2-3. The symptoms of this disease include pain in the stomach below the breast, strained urination with less quantity of urine and sometimes, with blood, anorexia, loss of interest in sensual pleasures, loss of strength, fever and vomiting tendencies. The tongue of the patient appears red and white in complexion.

तस्य चिकित्सा–

यदन्नपानं बलकृद् यच्च वातानुलोमनम् । अण्डाधारगदे तत्तत् प्रयोक्तव्यं भिषग्वरैः ।।४।।

4. The meals and drinks that promote bodily strength and that regulate the *vāta doṣa* in the body should be used by the physicians in the disease *aṇḍādhāra*.

पटोलादिक्वाथः–

पटोलं मधुकं मूर्वा द्राक्षा शुण्ठी विडं बला । पीतमूली च धन्याकं रास्ना चेन्द्रयवास्तथा ।।५।।
त्रिजातकं लवङ्गं च कणाद्वन्द्वं निशाद्वयम् । क्वाथयित्वा पिबेत्तोयमण्डाधारगदातुरा ।।६।।

5-6. Paṭolādi Kvātha:

Ingredients: Dried ginger, *viḍa* salt, roots of *balā*, *pītamūlī*, coriander, *rāsnā*, *indrayava*, cinnamon bark, smaller cardamom, cassia, clove, pepper, *gajapippalī*, turmeric and *dāru haridrā*.

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Process of Drug-Making: This is a decoction-based formula involving all the ingredients in equal parts.

Therapeutic benefits: The lady suffering from the *aṇḍādhāra* disease should take this decoction.

क्षौद्रेण चामृतं सेव्यमण्डाधारगदे हितम् ।।७।।

7. In proper quantity purified arsenic along with honey should also be taken by the patient of *aṇḍādhāra*.

योषिद्वल्लभो रसः–

सिन्दूरं व्योमतारं च वैक्रान्तस्वर्णटङ्गणम् । वराऽम्भसा विभाव्यैव वल्लमात्रा वटीश्चरेत् ।।८।।
योषिद्वल्लभनामाऽयं रसोऽण्डाधारसंभवान् । निहन्ति सकलान् व्याधीन् हर्यक्षो हरिणानिव ।।९।।

8-9.Yoṣidvallabha Rasa:

Ingredients: *Rasa–sindūra*, *abhraka bhasma*, *rajata bhasma*, *vaikrānta bhasma*, *svarṇa bhasma*, borax and decoction of *triphalā*.

Process of Drug-Making: Take in equal quantity the following: *rasa sindūra*, *abhraka bhasma*, *rajata bhasma*, *vaikrānta bhasma*, *svarṇa bhasma* and borax. Process them through *bhāvanā* method using the decoction of *triphalā* and prepare pills measuring about one *valla* in weight.

Therapeutic benefits: This medicine called '*Yoṣida Vallabha*' eliminates the disease *aṇḍādhāra* in a manner as a lion destroys the deer.

चन्दनादिचूर्णम्–

चन्दनद्वितयं मूर्वा नीलिन्यैलाद्वयं मुरा । कणाद्वयं त्रिवृद् द्राक्षा मांसी मधुकमुस्तकम् ।।१०।।
तत्सर्वं चैव संचूर्ण्य डिम्बाधारगदापहम् । क्षीरेणोष्णेन गदिनी पिबेन्नित्यं सुखार्थिनी ।।११।।

10-11. Candanādi Cūrṇam:

Ingredients: Both varieties of the sandalwood, *mūrvā*, roots of the *nīli*, both varieties of the cardamom, *murā*, pepper *gajapippalī*, *niśotha*, raisin, *mānsī*, *madhuka* and *mustaka*.

Process of Drug-Making: This is a powder-based formula involving all the ingredients in equal parts. Get powders of the above mentioned ingredients.

Method of use/Administration: Consume the combination of powders along with warm milk.

Therapeutic benefits: It cures *aṇḍādhāra*.

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पथ्यापथ्यम्–

पथ्यमत्र हविर्दुग्धं शालिः प्रत्नो यवस्तिलः । छागमांसरसश्चैव द्रव्यमुग्रं न शर्मणे ।।१२।।

12. While suffering from this disease, one should take *ghṛitam*, milk old variety of *śāli* rice, barley, sesame and the juice of the mutton. The diets and meats opposite to the above in properties should be avoided.

इति भैषज्यरत्नावल्यां विशिष्टरोगाधिकारेऽण्डाधाररोगचिकित्साप्रकरण् ।।१०५।।
इति भैषज्यरत्नावल्यां विशिष्टरोगाधिकारे 'विद्योतिनी' नामिकायां भाषाटीकायामण्डाधाररोगचिकित्साप्रकरणम् ।।१०५।।

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अथापमुमूर्षुचिकित्साप्रकरण् १०६

Chapter 106

Treatment of *Apamumūrṣu* (Loss of breath)

अपमुमूर्षुलक्षणम्–

जलादिमध्ये ननु मज्जनेन पाशादिनोद्बन्धनतो गलेवा ।
श्वासावरोधाद् यदि मर्त्तुमिच्छुः प्रोक्तः सएवापमुमूषुरैव ।।१।।

1. In cases of drowning into a well, a pound or lake or river and in cases of attempts to commit suicide by hanging, the process of breathing gets halted. The persons who are willing to end their life through such practices are called '*Apamumūrṣu*'.

श्वासरोधो मतो हेतुर्मरणे मज्जनादिना । अतः श्वासे समानीते प्राणी प्राणिति यत्नतः ।।२।।
उष्णःकायोऽस्तिवैयावदङ्गानि शिथिलानि च । तावच्चिकित्सा कर्त्तव्या प्रायो दण्डान्ततो मृतिः ।।३।।

2-3. Stopping of breath is the main reason of death. If by any means the breathing of a dying person is revived he can be restored to life. So long as the body of an *apamumūrṣu* is warm and limbs of his body are perfect he should be subjected to the treatments. Generally an *apamumūrṣu* is required to get a treatment within one *danḍa* that is twenty-four minutes. After this period the chances of revival of an *apamumūrṣu* are lost.

जलमग्नचिकित्सा–

कलशस्यापि पृष्ठेवाङ्मुखं नरमतिद्रुतम् । वारिमग्नं शाययेद्धि युक्त्याऽऽस्यान्निःसरेज्जलम् ।।४।।
जलमग्नं समुत्थाप्य व्यवलम्ब्यार्द्धवर्ष्म च । मुखान्निःसारयेत्तोयं कफं लालां च निर्हरेत् ।।
जनतां वारयेत तत्र तथा वायुर्न दुष्यति ।।५।।

4-5. Treatment in cases of drowning:

The person who has been drowned should be laid upon an earthen pot in a position so that his face is towards the earth. Thus, there is a pressure on his stomach and the water therein comes out through the mouth of the patient. Another method to remove the water of stomach is to lift the patient through his legs keeping his mouth downward for sometime (about 10-15 minutes). While performing these exercise the mouth of patient should be cleared of cough by fingers or some soft wood. The crowd assembled around the patient should be

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removed so that the air there does not get polluted (through the carbon breathed out by the people).

लुप्तश्वासस्य पुनरानयनविधिः–

शायितस्यास्य पार्श्वे तु शीघ्रंनस्यंनसि क्षिपेत्। अङ्गुल्या संस्पृशेत् कण्ठं श्लक्ष्णेन दारुणाऽथवा ।।६।।
अनेन विधिना वेगे क्षवस्य वमनस्य वा । जाते श्वासः समायाति विपन्नश्चापि जीवति ।।७।।

6-7. After the water and cough deposited in the stomach and mouth of the patient is removed he should be laid in leftward position. After that the nasal therapy should be conducted. Inside the nose of the patient one should enter fingers or some soft wood so that they reach up to the neck. This measure would make the patient sneeze. He can also vomit. He can thus start breathing and can regain life.

मुखं वक्षश्च संघृष्य तत्र शीताम्बुसेचनम् । कुर्याच्छ्वासस्तथाऽऽयाति विपन्नश्चापि जीवति ।।८।।

8. If the above nasal therapy is not successful one should follow the following treatment. The breathing of the patient is thus revived.

एवं श्वासो न चेदायाद्भिषक कुर्यात्क्रियामिमाम् । श्वासक्रियाप्रवृत्त्यर्थं जितहस्तः कृतक्रियः ।।९।।
कृत्वाऽवाक्शायिनं वैद्यस्तथोपधानवक्षसम् । पार्श्वे ततः शाययित्वा हस्तयुग्मं प्रपीडयेत् ।।१०।।
षड्धा वासप्तधाकुर्यात्पलमध्येक्रियामिमाम् । यावच्छ्वासो न चायाति नाथवा मृत्युनिश्चयः ।।११।।

9-11. The patient should be laid on some pillow or like material in a position so that his face is downward. The physicians should ride the patient as he rides a horse. Then with both his palms he should pressurize the sides of patient's stomach moving them towards the shoulders. This pressure should be put as frequent as six to seven times in one *pala* (a measurement of time, equal to eight seconds). Through this exercise and an artificial respiration the *apamumūrṣu* can start breathing and retain life. This process should continue so long as the patient gains proper breathing or he is dead.

कृत्वोपधानपृष्ठं वा तमुत्तानं प्रशाययेत् । ततश्च कर्षयेज्जिह्वां कर्षेद् बाहुं स्वयं तथा ।।१२।।
शीर्ष्णः समीप आसीनः कुर्याद्धस्तावुरोगतौ । षट्कृत्वः सप्तकृत्वो वा पले कुर्यात्क्रियामिमाम् ।
यावच्छ्वासो न चायाति अथवा मृत्युनिश्चयः ।।१३।।

12-13. If this method is also not successful physicians should follow the following process. Lie down the patient on the pillow in the dorsal position. Remove out the tongue of the patient. The physician should sit down near the head

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of patient and should hold the arms of the patient and pull them toward himself. Thereafter, the physician should place the arms at the chest of the patient and pressurize them against the body of the patient. This process should be repeated for six to seven times in quick succession. This process should continue so long as the patient gains proper breathing or he is dead. If the patient starts breathing through this process he can retain life.

श्वासो नायाति यद्येवं यत्नतः सक्थिनी भुजौ । विमर्द्य यत्नतश्चोर्ध्वं रूक्षस्वेदं च कारयेत् ।।१४।।
निखिलैः कर्मभिश्चैवं श्वासे वृत्ते च जीवति ।।१५।।

14-15. If this method is also not successful physicians should follow the following process. Hold the arms and legs of patient and massage them thoroughly from down to the upward. After that the patient should be subjected to dry sweating through the use of hot stone pieces, etc. This process may make the patient retain life.

प्राप्तश्वासं ततश्चैनमन्नपानं बलप्रदम् । भोजयेत्पाययेच्चापि मृतसंजीवनीं सुराम् ।।१६।।
निद्रावेगे स्वापयेच्च स्वास्तीर्णे शयने शुभे । पथ्येन वर्त्तयेच्चापि प्रयत्नेन भिषग्वरः ।।१७।।

16-17. If the patient gains life through any of the above processes, he should be given meals, drinks and herbs that are promoting the strength of body. The patient should be drinking the *Mṛitsanjīvanī Surā* along with water. If the patient is feeling sleepy he should be given a nice bed and should be allowed to sleep so long as he wishes. As long as the patient is not cured fully he should maintain a regulated diet as prescribed by his physician.

उद्बन्धनापमुमूर्षुचिकित्सा–

अनेनैव विधानेन चिकित्सेत्कुशलो भिषक् । उद्बन्धनविमुक्तं च श्वासस्यानयनादिना ।।१८।।
रज्जु कण्ठस्य संछिद्य सर्पिषोष्णेन मर्दयेत् । सम्यग्वातप्रवाहार्थं तालवृन्तं प्रचालयेत् ।।१९।।
चैतन्ये पुनरायाते द्रव्यं पथ्यं प्रदापयेत् । यावत्सम्यग्बलं न स्याच्छ्रमादिभ्यश्च वारयेत् ।।२०।।

18-20. In cases of loss of breath due to hanging, the patient should be treated as per the above-described method. The rope or strings used in hanging should be removed through cutting them as early as possible and the patient should be given artificial respiration. He should be laid upon the bed. His neck should be gently massaged with lukewarm *ghṛitam*. At the same time other individuals should fan the patient, particularly his face and chest. If the patient gains breathing he should

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be given proper diets. So long as the patient is not fully recovered he should not indulge in hard mental or physical exercises.

भयवज्रपातनगादिपातसंमूर्च्छितानां चिकित्सा–

भयादत्युत्कटाद्वाऽपि वज्राग्निपरितापतः । नष्टसंज्ञं चिकित्सेच्च पूर्वरीत्यनुसारतः ।।२१।।
वज्राग्निपरितप्तस्य क्रियाऽतिशीतला हिता । वृक्षादिपतितश्चापि चिकित्सेदेवमेव हि ।।२२।।

21-22. In cases of loss of breath due to excessive fear, lightening, and due to burning from fire, due to falling from such high places as tree or mountain, the patient should be treated to gain respiration through the above methods only. However, the patient affected by the lightening and burnt by fire should be subjected to the special cooling therapies.

इति भैषज्यरत्नावल्यां विशिष्टरोगाधिकारेऽपमुमूर्षुचिकित्साप्रकरणम् ।।१०६।।

End of the Chapter 106 of Bhaiṣajya Ratnāvalī with Commentary

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भैषज्यरत्नावली-परिशिष्टम्

Appendix to Bhaiṣajya Ratnāvalī

अथ पित्तरोगचिकित्साप्रकरणम् १

मङ्गलाचरणम्–

प्रणम्य सत्यं दधतं तु सत्यनारायणं शास्त्रिणमादरेण ।
भैषज्यरत्नावलिगं तनोमि सतामतीष्टं परिशिष्टमेतत् ।।१।।

तत्रादौ पित्तरोगाः–

अकालपलितं नेत्ररक्तता मूत्ररक्तता । नेत्रस्य पीतता तद्वन्मूत्रस्यापि च पीतता ।।१।।
मलस्य पीतता प्रोक्ता नखानामपि पीतता । दन्तानां चापि पीतत्वं पीतत्वं वपुषस्तथा ।।२।।
तमसो दर्शनं चापि परितः पीतदर्शनम् । निद्राऽल्पतादि शोषश्च मुखे गन्धश्च लौहवत् ।।३।।
मुखस्य तिक्तता चापि तथा च वदनाम्लता । उच्छ्वासस्योष्णता चापि धूमोद्गारस्तथैव च ।।४।।
भ्रमः क्लमस्तथा क्रोधो दाहो भेदसमन्वितः । तेजोद्वेषश्च शीतेच्छा ह्यतृप्तिररतिस्तथा ।।५।।
भक्षितस्य विदाहश्च जठरानलतीक्ष्णता । रक्तप्रवृत्तिविड्भेदः पुरीषस्योष्णता तथा ।।६।।
मूत्रोष्णता मूत्रकृच्छ्रं शुक्राल्पत्वं तनूष्णता । स्वेदस्यापि च दौर्गन्ध्यं देहप्रदरणं यथा ।।७।।
शरीरस्यावसादश्च पाकश्च वपुषस्तथा । चत्वारिंशदमी पित्तव्याधयो मुनिभिर्मताः ।
एषां चिकित्सा बोद्धव्या स्वस्वप्रकरणे बुधैः ।।८।।

Formulas on Diseases of Pitta

1-8. The wise physicians have suggested the following 40 symptoms of the *pitta* generated troubles: Untimely graying of hair, bleeding from eyes, bleeding through urine, paleness of eyes, paleness of urine, paleness in stool, paleness of nails, paleness of teeth, paleness of body, vision of darkness in front of eyes, finding all the surroundings pale, less sleep, dryness of mouth, emitting an iron-like odour from mouth, bitterness in mouth, feeling of a sour taste in mouth, warmth in breath, repeated belching, giddiness, fatigue, anger, burning sensation, forceful passing of stools in pieces (*bhedan*) in passing of stool, developing a dislike of fire and sunlight and an eagerness to associate with cold property elements, lack of satisfaction, lassitude, having burning sensation in digestion of meals, sharp *jaṭharāgni* (morbid hunger), bleeding from mouth, thinness of stool, warm stool, warm urine, obstruction in passing urine, loss of semen, warm body,

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bad odour in sweat, cracking of body, slackness of body, paleness of body and the like. Physicians should recognize and treat all these disorders according to their respective procedures.

धात्रीलहम्–

धात्रीचूर्णस्याष्टौ पलानि चत्वारि लौहचूर्णस्य । यष्टीमधुकरजश्च द्विपलं दद्यात् पटे घृष्टम् ।।९।।
अमृताक्वाथेनैतद्भाव्यं चूर्णं तु सप्ताहम् । चण्डातपे सुशुष्कंभूयः पिष्ट्वा नवे घटे स्थाप्यम् ।।१०।।
घृतेन मधुना युक्तं भोजनाद्यन्तमध्यतः । त्रीन् वारान् भक्षयेन्नित्यं पथ्यं दोषानुबन्धतः ।।११।।
भक्तस्यादौ नाशयेच्च दोषान् पित्तकृतानपि । मध्ये चानाह-विष्टम्भं तथाऽन्ते चाग्निमन्दताम् ।
रक्तपित्तसमुद्भूतान् रोगान् हन्ति न संशयः ।।१२।।

9-12. Dhātṛiphalam:

Ingredients: *Āmalakī*, *lauha bhasma*, *yaṣṭimadhu* and decoction of *āmalakī*.

Process of Drug-Making: Obtain powder of *āmalakī* measuring 384 gm., *lauha bhasma* measuring 192 gm. and 96 gm. measure powder of *yaṣṭimadhu* that has been sieved through a piece of cloth. Combine all these powders and triturate the mix seven times with decoction of *āmalakī* for seven consecutive days. Subsequently, dry the mix in sunlight and ground it into powder. Store the powder in a glass jar.

Method of use/Administration: Consume this medicinal powder along with *ghṛitam* and honey, before, during and after taking meals. In this way, consume this medicine thrice a day. Depending on the indisposition, one should take appropriate compatible foods and measures.

Therapeutic benefits: Consuming this medicine before eating meals cures *pitta* disorders, *ānāha* and constipation, and it cures *mandāgni* and all disorders of *rakta pitta* if consumed after taking meals.

पित्तान्तकरसः–

जातीकोषफले मांसी कुष्ठं तालीशपत्रकम् । माक्षिकं च मृतं लौहमभ्रं दिव्यं समांशिकम् ।।१३।।
सर्वतुल्यं मृतं तारं समं निष्पिष्य वारिणा । द्विगुञ्जाभा वटी कार्या पित्तरोगविनाशिनी ।।१४।।
कोष्ठाश्रितं च यत्पित्तं शाखाश्रितमथापि वा । शूलं चैवाम्लपित्तं च पाण्डुरोगं हलीमकम् ।।१५।।
दुर्नाम भ्रान्तिवान्ती च क्षिप्रमेव विनाशयेत् । रसः पित्तान्तको ह्येष काशिराजेन भाषितः ।।१६।।

13-16.Pittāntaka Rasa:

Ingredients: *Jāvitrī*, *jātīphala*, *jaṭāmānsī*, *kuṣṭha*, *tāliśapatra*, *mākṣika bhasma*, *lauha bhasma*, *abhraka bhasma*, *manahśilā*, *rajata bhasma* and water.

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Process of Drug-Making: Take equal parts of *jāvitrī*, *jātīphala*, *jaṭāmānsī*, *kuṣṭha*, *tāliśapatra*, *mākṣika bhasma*, *lauha bhasma*, *abhraka bhasma* and *manahśilā*. Also take *rajata bhasma* equal to the combined weight of all the materials. Ground all these materials together in water and prepare pills measuring 250 mg. each.

Method of use/Administration: Doses of 125 mg. is sufficient.

Therapeutic benefits: This medicine is helpful in curing *pitta* disorders. This medicine checks *pitta* of *koṣṭha* and other body parts like hands and feet. It also checks *śūla*, *āmlapitta*, *pāṇḍuroga*, *halīmaka*, piles, fainting and vomiting tendencies. This *Pittāntaka Rasa* has been propounded by Kaśirāja Śrī Divodās Jī.

महापित्तान्तकरसः–

यद्यत्र माक्षिकं त्यक्त्वा सुवर्णमपि दीयते । महापित्तान्तको नाम सर्वपित्तविनाशनः ।।१७।।

17. Mahāpittāntaka Rasa:

In the above formula, if one takes *svarṇa bhasma* in place of *svarṇamākṣika*, then it would be known as *Mahāpittāntaka Rasa*. This medicine is capable of checking all *pitta* disorders.

पित्तरोगे पथ्यम–

सर्पिःपानविधिर्विरेचनमसृङ्मोक्षःसिताःशालयोगोधूममास्तृणधान्यकानि चणका मुद्गा मसूरा यवाः।
मण्डःपर्युषितःपयांसिचपयःपेटीक्षवोमाक्षिकंलाजाधन्वरसाघृतानिच सिता शीतोदकंचौद्भिदम्१।।१८।।
कर्कोटकं कदलं च कण्टकिफलं वेत्राग्रमाषाढकंमृद्वीका कुलकं च कोमलतरं कूष्माण्डमेर्वारुकम् ।
तुम्बी पर्पटकोऽल्पमारिषदलं काठिल्लकंदाडिमं धात्रीकोमलतालसस्यमभया खर्जूरमौदुम्बरम् ।।१९।।
बिम्बश्चापि कषायतिक्तमधुराः सेव्यं मधूकं वरी कांस्यायोर जतं च हेम कटुका निम्बास्त्रिवृच्चन्दनम् ।
हर्म्यं भूमिगृहं सुशीतलवनं धारागृहं चन्द्रिका रम्भाऽम्भोरुहनव्यपत्रशयनं शीताः प्रदेहा अपि ।।२०।।
भूशय्या मणयः प्रदोषसमयो गीतं प्रियालिङ्गनं स्नानं मित्रसमागमः प्रियकथा मन्दानिलोऽम्बूक्षणम् ।
वादित्रश्रवणं मनोरमतरा भावाः सुलास्येक्षणं पुन्नागोत्पलपाटलाऽब्जसुमनःकल्हारपुष्पाणिच ।।२१।।
कर्पूरं च प्रतीरनीरमखिला शीता क्रिया चाश्रितं पानाहारविहारभेषजमिदं पित्तं प्रशान्तिंनयेत् ।।२२।।

18-22. The following materials are considered to be beneficial for the patients suffering from *pitta* disorders: intake of *ghṛitam*, *virecana* (purgation), blood letting, white *śāli* variety of rice, wheat, paddy husk (*tṛiṇadhānya*), grams, mudga, lentil, barley, stale *māṇḍa*, milk of cow and goat, coconut water, sugarcane, honey, *lājā* of paddy, meat soup of animals living in marshy lands, *ghṛitam*, sugar, cold water of springs, *karkoṭa*, banana fruit, fruits of *kanṭakiphalā*, shoots of *vetra*, fruits of rainy seasons, raisins, *paṭola*, very soft ash pumpkin, cucumber, pumpkin,

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parpaṭī, *kārvellaka*, pomegranate fruits, *āmalakī*, shoot of soft palm, *haraḍa*, date fruits, *udumbara*, *kundaru*, edibles having bitter, sharp and sweet juices, *uśīra*, *madhuka*, *śatāvara*, *kānsya bhasma*, *lauha bhasma*, *rajata bhasma*, *svarṇa bhasma*, *kaṭukī*, *neem*, *niśotha*, and the like. The following measures are also helpful: Application of sandalwood, staying in palace or bungalow having underground rooms, in a cool garden, in places having fountains, moving in moony nights, sleeping on a bed prepared by soft and gentle leaves of banana and lotus, enjoying cold properties of sandalwood and *uśīra* grass, sleeping on cool grounds, sporting necklace of gems, passing the *prados* (evening) time, listening to the songs, hugging beautiful ladies, bathing, seeing friends, listening good stories and orating the same, facing the gentle wind and sprinkling water, listening to music, watching pleasing dances, being surrounded by flowers of *punnāga*, lotus, rose, white lotus, *mālatī* and red lotus and the like. Having camphor, river water, all cool therapies and all drinks, food and measures which have cold properties are also helpful to the patient.

पित्तरोगेऽपथ्यम्–

धूमः स्वेदनमातपो निधुवनं संधारणं क्रोधवत् क्षारोऽध्वा गजवाजिवाहनविधिस्तीक्ष्णानि कर्माणि च ।
व्यायामोऽन्नविदाहकारिसमयो ग्रीष्मो विरुद्धाशनंमध्याह्नोजलदात्ययोऽपिरजनीमध्यंचमध्यंवयः ।।२३।।
व्रीहिर्वेणुफलं तिलोऽपि लशुनं माषः कुलत्थोगुडो निष्पावो मदिरातसी प्रहिजलं धान्याम्लमुष्णोदकम् ।
जम्बीरंनलदाम्बुहिङ्गुलकुचंमूत्राणिभल्लातकं ताम्बूलं दधि सर्षपोऽपि बदरं तैलाशनं तिन्तिडी ।।२४।।
कट्वम्लंलवणंविदाहिचभिषङ्मुख्यैः सुनिर्धारितं पानाहारविहारभेषजमिदं पित्तप्रकोपे विषम् ।।२५।।

23-25. The following measures and materials are considered to be harmful as poison for the patients of *pitta* disorders: smoking, sweating, staying in sunlight, intercourse, obstructing the flow of excretions, remaining angry, taking *kṣāra*, walking excessively, riding elephant and horses, performing hard activities, exercising, eating edibles that produces burning sensation, taking incompatible foods. The summers and winters as well as the hours of afternoon and middle of night are not favourable to the patient of *pitta* disorders. So is the youthful age. The patient should also avoid taking rice of *vrihi* variety, bamboo shoots, sesame, garlic, *urada*, *kulattha*, jaggery, *niṣpāva*, liquor, *atasī*, well-water, *kānji*, warm water, *jambira* lemon, *nimba*, *hingu*, *lakūca*, cow urine, *bhallātaka*, betel leaves, curd, mustard, *badarī* fruits, oil, tamarind, bitter, sour and salty edibles and those edibles which promote burning sensation.

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अथ कफरोगचिकित्साप्रकरणम् २

Treatment of the *Kapha* Disorders

तत्रादौ कफरोगाः–

प्रथमं मुखमाधुर्यं तथैव मुखलिप्तता । मुखप्रसेकश्च तथा निद्राधिक्यं तथैव च ।।१।।
कण्ठे घुर्घुरता चापि कटुकाङ्क्षोष्णकामिता । बुद्धिमान्द्यमचैतन्यमालस्यं तृप्तिरेव च ।।२।।
अग्निमान्द्यं मलाधिक्यं मलशौक्ल्यं तथैव च । मूत्राधिक्यं मूत्रशौक्ल्यं शुक्राधिक्यं तथैव च ।।३।।
स्तैमित्यं गौरवं शैत्यमेत एव हि विंशतिः । योगतो रूढितः प्रोक्ता मुनिभिः श्लैष्मिका गदाः ।।४।।
एषां पृथक् चिकित्सोह्या स्वस्वप्रकरणे बुधैः ।।५।।

1-5. The 20 symptoms of the *kapha* disorders include the following: Sweetness in mouth, mouth being filled with phlegm, falling of saliva from mouth, excess sleeping tendency, feeling of hoarseness in neck, desire of eating bitter and warm edibles, slow intelligence, unconsciousness, laziness, satisfaction, loss of digestive power, excess stool, whiteness of stool, excess urine, whiteness of urine, passing of excess semen, feeling as if the body is covered with wet clothes, heaviness of body and body remaining cold. Physicians should understand the consequence of these symptoms and treat all these disorders according to their respective prescriptions suggested at various chapters.

कफप्रशमनोपायाः–

कफश्चितो हि शिशिरे वसन्तेऽर्कांशुतापितः । हत्वाऽग्निं कुरुते रोगांस्तत्र तत्र प्रयोजयेत् ।।६।।
तीक्ष्णं वमननस्यादि कवलग्रहमञ्जनम् । व्यायामोद्वर्त्तनं धूमं शौचकार्यं सुखोदकम् ।।७।।
कफकोपनिरासार्थं वह्निसेवनमुत्तमम् । वमनं नावनं रूक्षद्रव्यसेवनमीरितम् ।।८।।
विविधः सुरतानन्दः संश्रमः कफवारणः । कटुक्षाराम्लकाः सेव्याः शोधनं कफसंभवे ।।९।।

6-9. The *kapha* increased during winter month assumes the liquid form in spring due to sunrays leading to the loss of digestive power. Subsequently various *kapha* borne diseases occur. Therefore, in order to cure such diseases, one should include the following measures and materials: sharp purgative medicines, snuff, *kavala grahaṇa*, *añjana*, exercises, *udvartana*, smoke therapy and using warm water for bathing and in toilet activities. Similarly, to alleviate the concentration of *kapha* one should enjoy the heat of fire, *vamana* therapy, nasal therapy and consume dry eatables. Intercourse with woman, laborious work, bitter, *kṣāra* and acidic liquids along with therapies like *vamana* and *virecana* (purgation) is considered good for purifying one's body dominated by the *kapha*.

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कफचिन्तामणिरसः–

हिङ्गुलेन्द्रयवं टङ्गं त्रैलोक्यबीजमेव च । मरिचं च समं सर्वं सूतभस्म त्रिभागिकम् ।।१०।।
आर्द्रकस्य रसेनैव मर्दयेद् याममात्रकम् । चणकाभा वटी कार्या सर्ववातप्रशान्तये ।
कफरोगं निहन्त्याशु भास्करस्तिमिरं यथा ।।११।।

10-11. Kapha Cintāmaṇi Rasa:

Ingredients: *Hiñgula*, *indrayava*, borax, seeds of *vijayā*, *marica*, *rasa sindūra* and ginger juice.

Process of Drug-Making: Take 1 part each of *hiñgula*, *indrayava*, borax, seeds of *vijayā* and *marica*. Also take three parts of *rasa sindūra* and triturate all the materials together along with ginger juice for three hours. Subsequently, prepare pills similar to the size of gram.

Therapeutic benefits: This medicine is capable of checking all types of *vāta* disorders and it alleviates *kapha* disorders as effectively as sun eliminates the darkness.

कफकेतुरसः (बृहत्)–

मुक्तासुवर्णेचसमानभागे प्रवालभस्मापि तयोः समानम् ।
अभ्रं च योज्यं द्विगुणं प्रवालात्स्वर्णोत्थसिन्दूररसं विकल्प्य ।।१२।।
दुग्धेन नार्या विमलाश्मपात्रे यत्नेन मर्द्यं कुशलैभिषग्भिः ।
गुञ्जात्रयं चास्य कफप्रकोपे सेवेत सद्यः कफनाशमिच्छन् ।।१३।।

12-13. Kaphaketu Rasa (Major Variety):

Ingredients: *Muktā bhasma*, *svarṇa bhasma*, *pravāla bhasma*, *abhraka bhasma*, *svarṇa sindūra* and woman's milk.

Process of Drug-Making: Obtain 12 gm. each of *muktā bhasma* and *svarṇa bhasma*, along with 24 gm. of *pravāla bhasma*, 48 gm. of *abhraka bhasma* and 96 gm. of *svarṇa sindūra*. Combine all these materials and thoroughly pulverize them in a clean stone mortar along with woman's milk. Subsequently, prepare pills in measurement of 375 mg. each.

Therapeutic benefits: The persons who are suffering from *kapha* disorders and who want to get rid from it should consume this medicine.

महाश्लेष्मकालानलरसः–

हिङ्गुलसंभवं सूतं शिलागन्धकटङ्गणम् । ताम्रं वङ्गं तथाऽभ्रं च स्वर्णमाक्षिकतालकम् ।।१४।।
धूस्तूरं सैन्धवं कुष्ठं पिप्पली हिङ्गु कट्फलम् । दन्तबीजं सोमराजी वनराजफलं त्रिवृत् ।।१५।।

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वज्रीक्षीरेण संमर्द्य वटिकां कारयेद्भिषक् । कलायपरिमाणां तु खादेदेकां यथाबलम् ।।१६।।
संनिपातं निहन्त्याशु वृक्षमिन्द्राशनिर्यथा । मत्तसिंहो यथाऽरणे मृगाणां कुलनाशनः ।।१७।।
तथाऽयं सर्वरोगाणां सद्यो नाशकरो महान् ।।१८।।

14-17. Mahāśleṣmakālānala Rasa:

Ingredients: *Pārada* obtained from *hiñgula*, *gandhaka*, borax, *tāmra bhasma*, *vanga bhasma*, *abhraka bhasma*, *svarṇamākṣika bhasma*, *haratāla bhasma*, seeds of *dhūstūra*, rock salt, *kuṣṭha*, *pippalī*, *hingu*, *kaṭphala*, purified *dantabīja*, *somarāji* (*vākucī*), *vanrājaphala*, *niśotha* and latex of *snuhī*.

Process of Drug-Making: Get powders of the following in equal parts: *pārada* obtained from *hiñgula*, *gandhaka*, borax, *tāmra bhasma*, vanga *bhasma*, *abhraka bhasma*, *svarṇamākṣika bhasma*, *haratāla bhasma*, seeds of *dhūstūra*, rock salt, *kuṣṭha*, *pippalī*, *hingu*, *kaṭphala*, purified *dantabīja*, *somarāji* (*vākucī*), *vanrājaphala* and *niśotha*. Subsequently, triturate them together in latex of *snuhī* and prepare pills similar to the size of peas.

Method of use/Administration: Consuming this medicine in doses of one pill or depending on the digestive power.

Dosage – 125 mg.

Therapeutic benefits: It would alleviate *sannipāta* as effectively as the *Vajra* of Indra eliminates a tree. As a carefree lion kills all the other animals, similarly this medicine too immediately alleviates all the diseases.

श्लेष्मशैलेन्द्ररसः–

पारदो गन्धको लौहं त्र्यूषणं जीरकद्वयम् । शटी शृङ्गी यमानी च पौष्करं चार्द्रकं तथा ।।१९।।
गैरिकं यावशूकं च टङ्कणं गजपिप्पली । जातीकोषोऽजमोदा च वरायासलवङ्गकम् ।।२०।।
कनकारुणबीजानि कट्फलं चव्यकं तथा । प्रत्येकं तोलकं चैषां श्लक्ष्णचूर्णानि कारयेत् ।।२१।।
पाषाणे विमले खल्वे घृष्टं पाषाणमुद्गरैः । बिल्वमूलरसं दत्त्वा चार्कचित्रफलत्रिकम् ।।२२।।
निर्गुण्डी गणिका वासा चेन्द्राशनं प्रचोदनी । धुस्तूरः कृष्णजीरं च पिप्पली पारिभद्रकः ।।२३।।
एतेषां च रसैर्मर्द्यमार्द्रकैश्च विभावयेत् । उष्णतोयानुपानेन सर्वव्याधिं विनाशयेत् ।।२४।।
विंशतिं श्लैष्मिकान् रोगान् संनिपातभवान् गदान् । उदराष्टकदुर्नाममामवातं च दारुणम् ।।२५।।
पञ्चपाण्ड्वामयान् दोषान् क्रिमिस्थौल्यमथो नृणाम् । यथा शुष्केन्धने
वह्निस्तथैवाग्निविवर्द्धनः ।।२६।।

11-26. Śleṣmāśailendra Rasa:

Ingredients: Purified *pārada*, purified *gandhaka*, *lauha bhasma*, dried ginger, *marica*, *pippalī*, white cumin seeds, black cumin seeds, *karcūra*, *karkaṭaśṛingī*,

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yamānī, *puṣkaramūla*, ginger, *gairika*, *yavakṣāra*, borax, *gajapippalī*, *jāvitrī ajamodā*, *haraḍa*, *vibhītaka*, *āmalakī*, *yavāsā*, clove, seeds of *dhūstūra*, seeds of *aruṇa* (*rakta apāmārga*), *kaṭphala*, *cavya*, juice or decoction of root of *bilva*, *arka*, *citraka*, *tṛiphalā*, *nirgunḍī*, *gambhārī*, *aḍuṣā*, *vijayā*, *vyāghrī*, *dhūstūra*, black cumin seeds, *pippalī*, *neem* and juice of ginger.

Process of Drug-Making: Obtain 12 gm. each of purified *pārada*, purified *gandhaka*, *lauha bhasma*, dried ginger, *marica*, *pippalī*, white cumin seeds, black cumin seeds, *karcūra*, *karkaṭaśṛīngī*, *yamānī*, *puṣkaramūla*, ginger, *gairika*, *yavakṣāra*, borax, *gajapippalī*, *jāvitrī ajamodā*, *haraḍa*, *vibhītaka*, *āmalakī*, *yavāsā*, clove, seeds of *dhūstūra*, seeds of *aruṇa* (*rakta apāmārga*), *kaṭphala* and *cavya*. Powder all these materials and pulverize them together in a stone mortar. Subsequently, impregnate the compound separately with either juice or decoction of root of *bilva*, *arka*, *citraka*, *tṛiphalā*, *nirgunḍī*, *gambhārī*, *aḍuṣā*, *vijayā*, *vyāghrī*, *dhūstūra*, black cumin seeds, *pippalī* and *neem*. Later impregnate the compound through the juice of ginger.

Method of use/Administration: Consume this medicine along with warm water to cure diseases.

Therapeutic benefits: This medicine is capable of alleviating 20 types of *kapha* disorders, disorders of *sannnipāta*, eight types of problems related to gastro intestinal tract, piles, severe *āmavāta*, five types of *pāṇḍuroga*, worm diseases and obesity. It promotes digestive power like fire on dry wood.

धुस्तूरतैलम्–

धुस्तूरक्वाथकल्काभ्यां कटुतैलं विपाचयेत् । संनिपातज्वरश्लेष्मशोथशीर्षार्त्तिदाहनुत् ।।
कर्णग्रहहरं चास्थिसन्धिग्रहविनाशनम् ।।२७।।

27. Dhustūra Tailam:

Ingredients: Decoction or *kalka* of *dhūstūra*.

Process of Drug-Making: Methodologically cook medicinal oil from decoction or *kalka* of *dhūstūra*.

Note: To prepare this medicine oil, one should combine and methodologically cook the following: *mūrcchita* mustard oil measuring 4 litres (approx.), decoction of *dhūstūra* (plant along with its leaves measuring 8 litres (approx.) boiled in water measuring 64 litres (approx.) until it is reduced to 16 litres (approx.) along with 1 litre (approx.) measure *kalka* of *dhatūra* leaves.

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Therapeutic benefits: Consumption of the same helps in providing relief from *sannipāta* fever, *kāsa* (coughs), *śotha*, *śiroroga*, burning sensation, earache, pains of joints and the like.

कनकतैलम्–

कनकार्कबला दूर्वा वासको वैजयन्तिका । निर्गुण्डी पूतिका भार्गीनिकोठकपुनर्नवा ।।२८।।
बदरीं विजयापत्रं श्रीफलं बृहती तथा । चित्रकं च स्नुहीमूलमग्निमन्थो व्यडम्बकम् ।।२९।।
बृहद्भण्डी मागधी च पत्रमारग्वधस्य च । प्रत्येकं द्विपलं चैषां गृह्णीयात्तत्क्षणादपि ।।३०।।
जलद्रोणे विपक्तव्यं यावत्पादावशेषितम् । प्रस्थं च कटुतैलस्य पाचयेत्तीव्रवाह्निना ।।३१।।
द्रव्याण्येतानि सर्वाणि कल्कितानि प्रदापयेत् । चक्षुःशूलं शिरःशूलं श्लीपदं मांसरक्तजम् ।।३२।।
आमवातं च हृच्छूलं वृद्धिं च गलगण्डकम् । शोथं बाधिर्यमुदरं कासं हन्ति न संशयः ।।३३।।
दूर्वायां पतिते बिन्दौ शुष्कतां याति तत्क्षणात् । कनकाख्यमिदं तैलं कफरोगकुलान्तकम् ।।३४।।

28-34. Kanaka Tailam:

Ingredients: *Dhūstūra*, *arka*, *balā*, *dūrvā*, *aḍuṣā*, *jayantī*, *nirgunḍī* leaves, *karañja*, *bhārgī*, *nikoṭhaka*, *punarnavā*, leaves of *badarī*, leaves of *vijayā*, bark of *bilva* tree, bigger *vyāghrī*, bark of *citrakamūla*, root of *snuhī*, *araṇī*, *eraṇḍamūla*, *trāyamāṇā*, *pippalī*, leaves of *āragvadha*, water and *mūrcchita* mustard oil.

Process of Drug-Making: Get 48 gm. each of the following: *dhūstūra*, *arka*, *balā*, *dūrvā*, *aḍuṣā*, *jayantī*, *nirgunḍī* leaves, *karañja*, *bhārgī*, *nikoṭhaka*, *punarnavā*, leaves of *badarī*, leaves of *vijayā*, bark of *bilva* tree, bigger *vyāghrī*, bark of *citrakamūla*, root of *snuhī*, *araṇī*, *eraṇḍamūla*, *trāyamāṇā*, *pippalī* and leaves of *āragvadha*. Decoct all these materials along with water measuring 12.50 litres until the original quantity is reduced to one fourth. Subsequently, sieve the reduced decoction. Add to this decoction, 750 ml. measure of *mūrcchita* mustard oil and *kalka* prepared out of the materials mentioned above. Methodologically cook the preparation on strong fire and obtain medicinal oil.

Note: To prepare this medicine oil, one should combine and methodologically cook the following: *mūrcchita* mustard oil measuring 4 litres (approx.), 16 litres (approx.)of decoction (of the above mentioned materials measuring 192 ml. boiled in water measuring 64 litres (approx.) until it is reduced to approximately 16 litres) along with 1 litre (approx.) measure *kalka* prepared out of the materials which are used for decoction.

Therapeutic benefits: Application of this oil helps in providing relief from *netraśūla*, *śiraśūla*, *ślīpad* affecting the flesh and blood, *āmavāta*, *hricchūla*, enlargement of testicles, *galagaṇḍa*, *śotha*, *badhiratā*, problems related to gastro

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intestinal tract and *kāsa* (coughs). If a drop of this oil falls on *dūrvā* consequently the *dūrvā* gets dried. This *Kanaka Oil* is capable of curing the *kapha* group of diseases.

कफरोगे पथ्यम्–

छर्दिर्लङ्घनमञ्जनं निधुवनं प्रोद्वर्त्तनं स्वेदनं चिन्ता जागरणं श्रमोऽतिगमन तृड्वेगसंधारणम् ।
गण्डूषःप्रतिसारणंप्रधमनं हस्त्यश्वयानक्रिया धूमः प्रावरणं नियुद्धमतिसंक्षोभोऽपि नस्यं भयम् ।।३५।।
रूक्षोष्णाविधयःपुरातनभवायेशालयः षष्टिका निष्पावस्तृणधान्यकं च चणका मुद्गाः कुलत्थायवाः ।
क्षारःसर्पपतैलमुष्णसलिलंधन्वामिषंराजिका।वेत्राग्रं कुलकं कठिल्लकफलं वार्ताकुमौदुम्बरम् ।।३६।।
कर्कोटं लशुनं च मोचकुसुमं शक्राशनं शूरणो निम्बो मूलकपोतिका च वरुणस्तिक्ता त्रिवृन्माक्षिकम् ।
ताम्बूलंनलदाम्बुजीर्णमदिराव्योषंवरागोजलंलाजाश्चापि सुभृष्टतण्डुलभवं भक्तं सुखोष्णालयः ।।३७।।
कांस्यायोऽञ्जनमौक्तिकंचकटुकस्तिक्तःकषायो रसःपानाहारविहारभेषजमिदंश्लेष्माणमुग्रंजयेत् ।।३८।।

35-38. The following measures and materials are considered to reduce the deposit of phlegm in patients of *kapha* disorders: *vamana*, *langhaṇa* (fasting), *añjana*, intercourse, *udvartana*, *svedana*, worrying, remaining awake during nights, laborious work, excess walking, obstructing the urge of thirst, taking *gaṇḍuṣa*, nasal therapies (*pratisāraṇa* and *pradhaman*), riding horse and elephants, smoking, keeping the body covered with clothes, wrestling, war fights, getting excess angry, snuffing, fear, measures which provide driness and warmth feeling, old variety of *śāli* rice, *niṣpāva*, *tṛiṇadhānya*, gram, *pravāla*, *kulattha*, barley, *kṣāra* products, mustard oil, warm water, meat of animals that live in marshy lands, *rājikā vetrāgra*, *paṭola*, *kārvellaka*, aubergine, fruit of *udumbara*, *karkoṭa*, garlic, flowers of banana tree, *vijayā*, *śūraṇa*, *neem*, minor radish, *varuṇa*, *koṣatakī*, *niśotha*, liquor, water treated with *uṣīra*, old liquor, dried ginger, *pippalī*, *marica*, *haraḍa*, *vibhītaka*, *āmalakī*, cow urine, *lājā* of paddy, rice of baked paddy, a little warm place, *kānsya bhasma*, *lauha bhasma*, collyrium, *muktā bhasma*, sour edibles having sharp and bitter taste.

कफरोगेऽपथ्यम्–

स्नेहोऽभ्यञ्जनमासनाह्नि शयनं स्नानं विरुद्धाशनं पूर्वाह्णः शिशिरो वसन्तसमयो रात्र्यादिराद्यं वयः ।
भक्तादौ चनवान्नपानकरणंमाषानवास्तण्डुलामत्स्यंमांसमपीक्षुदुग्धविकृतिस्तालास्थिमज्जाद्रवाः।।३९।।
पेया भव्यमुपोदिका च पनसं छत्राकमाषाढकं खर्जूराण्यनुलेपनान्यपि पयःपेटीपयः पायसः।
स्वाद्वम्लंलवणंगुरूणितुहिनं संतर्पणं चाश्रितं पानाहारविहारभेषजमिदंस्याच्छ्लेष्मकोपे विषम्।।४०।।

39-40. The following measures and materials are considered to be as harmful as poison to patients of *kapha* disorders: consumption and massage with oil, sitting for longer durations, sleeping during day hours, bathing, incompatible foods, time

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before afternoon, early winter season, time of spring, duration of night, childhood, time before digestion of meals, eating fresh paddy, *urada*, fresh rice, fish, meat, products of sugarcane and milk like the thick sweetened milk recipe, etc., pulp of the stone of *tāla* fruit, liquids, drinks, *bhavya*, *podikā*, fruit of *panas*, *chatraka*, fruits that ripe in early rainy season, date fruits, cold poultice, coconut water, *kṣīra* (recipe involving full cream milk and rice), edibles that have sweet, sour and salty taste, ice and delicious eatables.

अथानुभूतयोगप्रकरणम् ३

अथानुभूता ये योगाः श्रीराजेश्वरशास्त्रिणाम् । प्रत्ना नूत्नाश्च ते सर्वे लिख्यन्ते भिषजां मुदे ।।१।।

The following recipes have been tested well by the commentator Shri Rajeshvara Shastri. They are being quoted for the benefit of the physicians.

त्रैलोक्यतापहरः (नवीनज्वरे) यो. र.–

सूतशुल्बत्रिवृता बलितिक्तादन्तिबीजचपलाविषतिन्दुः ।
पथ्यया सह विचूर्ण्य समांशं हेमवारिसहितं दिनमेकम् ।।२।।
बल्लयुग्मवटिकाऽऽर्द्रकवारा नाशयेदभिनवज्वरमाशु ।
विश्वतापहरणेऽत्र तु पथ्यं मुद्गयूषसहितं लघुभुक्तम् ।।३।।

1-3. Trailokyatāpahara Rasa:

Ingredients: Purified *pārada*, purified *tāmra bhasma*, *niśotha*, purified *gandhaka*, *kaṭukī*, purified *jayapāla*, *pippalī*, purified *kucilā*, lesser *haraḍa* and juice of *dhatūra* leaves.

Process of Drug-Making: Obtain powders in equal parts of the following: purified *pārada*, purified *tāmra bhasma*, *niśotha*, purified *gandhaka*, *kaṭukī*, purified *jayapāla*, *pippalī*, purified *kucilā* and lesser *haraḍa*. Combine these powders and triturate them along with the juice of *dhatūra* leaves for one whole day. Subsequently, prepare pills measuring one *valla* (modern dose 125 mg.) each.

Method of use/Administration: Consume this medicine in doses of one pill along with ginger juice. During the medication period one should be served with *yūṣa* of *mudga* along with compatible foods.

Therapeutic benefits: This *Trailokyatāpahara Rasa* would immediately give relief from fever.

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त्रिभुवनकीर्त्तिरसः (वातपित्तज्वरे) यो. र.–

हिङ्गुलं च विषं व्योषं टङ्कणं मागधीशिफाम् । संचूर्ण्य भावयेत् त्रेधा सुरसार्द्रकहेमभिः ।।४।।
रसस्त्रिभुवनकीर्त्तिर्गुञ्जैकार्द्ररसेन वै । विनाशयेज्जवरान् सर्वान्संनिपातांस्त्रयोदश ।।५।।

4-5. Tṛibhuvanakīrti Rasa:

Ingredients: Purified *hiñgula*, purified *viṣa*, dried ginger, *pippalī*, black pepper, purified *tañkan*, *pippalīamūla* and juice of *tulasī* leaves.

Process of Drug-Making: Get equal parts of the following in powdered form: purified *hiñgula*, purified *viṣa*, dried ginger, *pippalī*, black pepper, purified *tañkan* and *pippalīamūla*. Impregnate each powder separately and for three times with juice of *tulasī* leaves. Subsequently store the powders together.

Method of use/Administration: This *Tṛibhuvanakīrti Rasa* is to be taken in doses of 125 mg. along with ginger juice.

Therapeutic benefits: This medicine helps in checking all types of fevers along with 13 types of *sannipāta* disorders.

(*Yoga Ratnākar*)

चन्दनाद्यर्कः (पित्तज्वरेऽन्तर्दाहे तृषायां च) अ. भू.–

श्वेतं च चन्दनं तद्वद् रक्तचन्दनमुत्तमम् । पर्पटो धान्यकं निम्बमूलत्वक् पद्मकं तथा ।।६।।
किराततिक्तश्चोशीरं महाश्रावणिका तथा । बृहदेला च तरुणीकुसुमं च पृथक् पृथक् ।।७।।
एकभागं द्विभागः च गुडूची कुट्टितं समम् । एकत्र षोडशगुणे नीरे यामचतुष्टयम् ।।८।।
प्रक्षिप्य यत्नतो रक्षेत्ततस्तद् बकयन्त्रतः । स्रावयेद्रसमच्छं हि भिषग्वर्यो यथाविधि ।।९।।
अन्तर्दाहे तृषायां च ज्वरे पित्तसमुद्भवे । यथामात्रं संप्रयोज्यश्चन्दनाद्यर्क एष हि ।।१०।।

6-10. Candanādyarka:

Ingredients: White sandalwood, red sandalwood, *parpaṭa*, coriander, bark of *neem*'s root, *padmaka*, *kirātatikta*, *uṣīra*, *mahāsrāvaṇikā*, bigger cardamom, rose, *guḍūcī*, water and *arka*.

Process of Drug-Making: Take 1 part each of white sandalwood, red sandalwood, *parpaṭa*, coriander, bark of *neem*'s root, *padmaka*, *kirātatikta*, *uṣīra*, *mahāsrāvaṇikā*, bigger cardamom and rose along with two parts of *guḍūcī*. Thickly pulverize all these materials and wet them in water measuring 16 times greater for four *prahars* (i.e. 12 hours). Later, with the help of a *baka yañtra* obtain *arka* from the wet compound.

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Therapeutic benefits: Application of the *arka* in adequate dosage in methodological way helps in providing relief from *antardāha*, morbid thirst and *pittajvara*. This *Candanādyarka* is a unique medicine.

तिक्तावटी (कफपित्तज्वरे) चिकित्सादर्शे–

तिक्तारजः कारवेल्लदलोद्भवरसेन हि । भावयित्वा विदध्याच्च कलायप्रतिमा वटीः ।।११।।
ततो वटीद्वयं प्रातर्मध्याह्ने सायमादरात् । गण्डूषप्रमितेनाद्यात्सुखोष्णेनैव वारिणा ।।१२।।
एवं कृते सति गदी कफपित्तज्वराकुलः । सुखी भवेदिति भिषग्राजराजेश्वरोदितम् ।।१३।।

11-13. Tiktāvaṭī:

Ingredients: Powder of *koṣatakī* and juice of *kārvellaka*.

Process of Drug-Making: Obtain powder of *koṣatakī* and impregnate it with juice of *kārvellaka*. Subsequently, triturate the compound and prepare pills similar to the size of peas.

Method of use/Administration: This medicine should be taken in doses of two pills each during afternoon and evening along with very little quantity of warm water.

Therapeutic benefits: This medicine is very much effective in checking fevers generated due to *kapha* and *pitta doṣas*. This *Tiktāvaṭī* is a popular medicine.

सप्तपर्णसत्त्वादिवटी (विषमज्वरे) अ. भू.–

सप्तपर्णभवं सत्त्वं कटुकासत्त्वमेव च । कुपीलुसत्त्वं सत्त्वं च यवतिक्ताभवं समम् ।।१४।।
दशतोलकमितं ग्राह्यं प्रत्येकं द्रव्यवेदिभिः । सर्वं संचूर्ण्य यत्नेन सर्वचूर्णसमं सुधीः ।।१५।।
करञ्जबीजमज्जानं तत्र संमिश्रयेद् भिषक् । एकत्सर्वं जलेनैव खल्ले संमर्दयेत्ततः ।।१६।।
कलायसंनिभाः कार्या वट्योऽनातपशोषिताः । यथावश्यकतं चास्या वट्येका वा वटीद्वयम् ।।१७।।
त्रिवारं वा चतुर्वारं प्रत्यहं चोष्णवारिणा । किंवा सेव्या जलेनैव विषमज्वरिणा मुदा ।।१८।।
कथितेयं सप्तपर्ण-सत्त्वादिवटिका शुभा । विषमज्वरनाशार्थमनुभूय भिषग्वरैः ।।१९।।

14-19. Saptaparṇasatvādi Vaṭī:

Ingredients: *Saptatarpaṇa*, *kaṭuka*, *kupīlū* (*viṣamuṣṭi*), *yavatikta* and *karañja* seeds.

Process of Drug-Making: Get abstracts measuring 120 ml. each of the following: *saptatarpaṇa*, *kaṭuka*, *kupīlū* (*viṣamuṣṭi*) and *yavatikta*. Also take *karañja* seeds measuring 48 gm.. Powder all these materials and triturate them

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together. Subsequently, prepare pills similar to the size of peas. Dry them under shade and store.

Method of use/Administration: This medicine is to be taken in doses of one to two pills each for three to four times in a day (depending on the requirement). This medicine should be taken either with warm or cool water.

Therapeutic benefits: This *Saptaparṇasatvādi Vaṭī* is a famous and unique medicine of the physicians.

बिल्वादिचूर्णम् (प्रवाहिकायामतीसारे) अनु.–

बिल्वपेशी तथा भङ्गा विशुद्धाऽथ महौषधम् । धात्रीपुष्पं धान्यकं च सर्वं च समभागिकम् ।।२०।।
चतुर्भागमिता ग्राह्या शतपुष्पा विशेषतः । एतत्सर्वं च संगृह्य श्लक्ष्णचूर्णं च कारयेत् ।।२१।।
इदं बिल्वादिचूर्णं स्यात् तूर्णं पूर्णं हितप्रदम् । प्रवाहिकातिसरणामयिनां शरणं परम् ।।२२।।
चतुर्माषकतो यावत् षण्माषकमिहान्वहम् । द्विवारं वा त्रिवारं वा यथावश्यकतां मुदा ।।२३।।
जलेन सह सेव्यं वा गदिना तण्डुलाम्भसा । इति राजेश्वरः प्राह भिषग्राजेश्वरः सुधीः ।।२४।।

20-24.Bilvādi Cūrṇam:

Ingredients: Pulp of unripe *bilva* fruit, purified *vijayā*, dried ginger, flowers of *dhātakī*, coriander and aniseeds.

Process of Drug-Making: Obtain equal parts of pulp of unripe *bilva* fruit, purified *vijayā*, dried ginger, flowers of *dhātakī* and coriander along with four parts of aniseeds. Make them separate fine powders. Subsequently, combine all these powders and store the recipe in glass bottle.

Method of use/Administration: Take this medicine three to four times a day in doses of 4-6 gm. (or depending on the requirement) along with water or rice washing.

Therapeutic benefits: This *Bilvādi Cūrṇa* is especially helpful in checking *pravāhikā* and *atisāra*. This is a proven medicine.

धातक्यादि चूर्णम् (अतीसारे प्रवाहिकायां च) अ. भू.–

एको भागो धातकीपुष्पजातस्तावानेव स्याद् रसः सर्जजोऽपि ।
स्यातां भागौ द्वौ सितायाश्च सर्वं संचूर्ण्याथो वाससा शोधयेच्च ।।२५।।
हन्याच्चतीसारनिश्चारकौ द्राङ् नाम्ना धातक्यादि चूर्णं तु तूर्णम् ।
एको द्वौ वा माषकाश्च त्रयः स्यान्मात्रा चास्य प्रत्यहं द्वित्रवारम् ।।२६।।

24-26. Dhātakyādi Cūrṇa:

Ingredients: Powders of *dhātakī* flowers, *sarja rasa* and sugar.

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Process of Drug-Making: Take powders of *dhātakī* flowers and *sarja rasa* in equal parts. Sieve them through a piece of cloth and add to it two parts of sugar.

Method of use/Administration: This *Dhātakyādi Cūrṇa* is to be taken in doses of 1-3 gm. along with water for two to three times in a day.

Therapeutic benefits: This medicine helps in immediately alleviating *pravāhikā* and *atisāra*.

कर्पूराम्बु (विसूचिकायामतीसारे च) अ. भू.–

त्रिंशत्सेटकपानीयं कर्पूरं पञ्चतोलकम् । प्रक्षिप्य चैकसप्ताहं संधानविधिना भिषक् ।।२७।।
घटे रक्षेत् प्रयत्नेन ततो वासोविशोधितम् । कृत्वाऽतिसारिणे तद्वद्विसूच्या पीडितात्मने ।।२८।।
दद्यादिदं श्रुतं लोके कर्पूराम्बु यथाबलम् । द्वितोलकात्समारभ्य यावत्स्यात् पञ्चतोलकम् ।।२९।।
मात्रा प्रकल्पया संवीक्ष्य रोगिरोगतदाकृतिम् । अनुभूतमिदं वैद्यैर्बहुशः शास्त्रवेदिभिः ।।३०।।

27-30. Karpūrāmbu:

Ingredients: Water and camphor.

Process of Drug-Making: Get 30 litres (approx.) of water and 60 gm. of camphor. Combine both these materials and store the mix in a closely packed vessel for one week. Later sieve this compound and store it in a glass bottle.

Method of use/Administration: Initially, the dosage should start with 24 gm. and go upto 60 gm. after diagnosing the patient's condition.

Therapeutic benefits: This world known *Karpūrāmbu*, depending on the digestive power should be given to patients of *atisāra* and cholera. This medicine is unique in its kind.

अर्शोघ्नो धूमः (अर्शोरोगे) अ. भू.–

पूतिपूगीफलं नारिकेलं च सरिदुद्गतम् । विषतिन्दुकमेकत्र समं सर्वं विचूर्णयेत् ।।३१।।
अनेनार्शसि युक्त्यैव धूपनाद्वेदनाशमः । भवेदर्शोघ्नधूमोऽयं राजेश्वरभिषङ्मतः ।।३२।।

31-32. Get equal parts of stale betel nut, riverside coconut and *kucilā*. Combine these materials and triturate into thick powder. Subsequently, methodologically perform smoke therapy with this powder and treat the pile-affected parts with this smoke. This treatment would help in relieving the pain of piles. This medicine is very much useful.

अर्शोघ्नी वटी (अर्शोरोगे) अ. भू.–

एको भागोमहानिम्बमज्ज्ञोऽथापिच निम्बजा । फलमज्जाद्विभागास्याद् द्विभागं च रसाञ्जनम् ।।३३।।

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तृणकान्तमणेः पिष्टरेको भागो विशेषतः । रक्तबोलस्यैकभागः सर्व संगृह्य यत्नतः ।।३४।।
संमर्दयेत् खल्वमध्ये वारिणा वैद्यसत्तमः । ततो गुञ्जाफलमिता वटिकाः संप्रकल्पयेत् ।।३५।।
अम्भसैकां वटीं किंवा द्वे रक्तार्शसि प्रत्यहम् । द्विवारं वा त्रिवारं यथायोग्यं प्रयोजयेत् ।।३६।।
इत्यर्शोघ्नी वटी नाम रक्तार्शःशान्तिकारिणी । श्रीराजेश्वरदत्तेन वैद्यराजेन भाषिता ।।३७।।

33-37. Arśoghnī Vaṭī:

Ingredients: *Mahānimba* fruit pulp, pulp of *nimba*, *tṛiṇakanṭa maṇi*, *piṣṭī*, *raktabol* and *rasāñjana*.

Process of Drug-Making: Obtain 1 part of *mahānimba* fruit pulp, two parts of the pulp of *nimba*, 1 part of *tṛiṇakanṭa maṇi piṣṭī*, 1 part of *raktabol* and two parts of *rasāñjana*. Triturate all these materials together along with water and prepare pills measuring 125 mg. each.

Method of use/Administration: This medicine is to be taken in doses of one or two pills (depending on the requirement) daily for two or three times in cases of *raktārśa*.

Therapeutic benefits: This *Arśoghnī Vaṭī* is a unique medicine.

अर्शोवेदनान्तकः (अर्शोरोगे) अ. भू.–
शतधौतं घृतं गव्यमेकसेटकसम्मितम् । दशक्रर्षमितश्चन्द्रः पोदिकासत्त्वमुत्तमम् ।।३८।।
तथा यवानिकासत्त्वं प्रत्येकं पञ्चकार्षिकम् । संगृह्य प्रथमं सत्त्वे यवानीपोदिकाभवे ।।३९।।
कर्पूरं च समं सर्वं यावन्न द्रवतां व्रजेत् । काचकूप्यां ततो रक्षेत् पिधायास्यं प्रयत्नतः ।।४०।।
द्रवीभूतं तु तत्सर्वमगवत्य भिषवरः । शतधौतं घृतं तत्र संयोज्य स्थापयेत् सुधीः ।।४१।।
अर्शोवेदनयार्त्ताय सद्यः शान्तिप्रदायकम् । उच्छूनार्शोऽतिसंकोचकारकोऽपि प्रकीर्त्तितः ।।४२।।
राजेश्वरानुभूतोऽयं नाम्नाऽर्शोवेदनान्तकः । प्रयुज्यतामर्शसैस्तु निःसंदिग्धं मुदान्वितैः ।।४३।।

38-43. Arśovedanāntaka Ghṛitam:-

Ingredients: *Śatadhauta* cow *ghṛitam*, camphor, *podikā satva* and *yamānī satva*.

Process of Drug-Making: Take 1 litre (approx.) of *śatadhauta* cow *ghṛitam*, 120 gm. of camphor, 60 gm. each of *podikā satva* and *yamānī satva*. First of all, collect both these *satva*s in a bottle and close them tightly with a lid. When both these materials become liquid, compound this liquid with the *śatadhauta* cow *ghṛitam*.

Method of use/Administration: External application.

Therapeutic benefits: Application of such *ghṛitam* on pile effect parts would immediately provide relief from pain and it also levels swollen bulbs. This

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Arśovedāntaka Ghṛitam is a unique medicine and it should be used without hesitation.

रुक्मिशो रसः (रक्तार्शसि, आनाहे, बिबन्धे) र. सा. सं.–

अभयाचूर्णमादाय नूतनैर्जयपालकैः । पञ्चमांशेन मिलितैः स्नुहीदुग्धेन मर्दिताः ।।४४।।
गुडिकास्तस्य कर्त्तव्या वर्त्तुलाश्चणकप्रभाः । एकैकस्यास्य टङ्कस्य रेचनैश्च रसैस्तथा ।।४५।।
रुक्मिशे न च दाहः स्यान्न च मूर्च्छा भ्रमः क्लमः । वेगतः सारयेदेषा विशेषादामनाशिनी ।।४६।।
निरूहेण तथा नैव तथा बिन्दुघृतेन च । त्रिवृता न तथा रेच्या यथा स्याद् गुडिकोत्तमा ।।४७।।
अतिशुद्धो भवेद् देहो ह्यतिप्रबल उत्तमः । अतिरूपो ह्यतिप्रौढश्चाप्यायुष्कर उत्तमः ।।४८।।
विष्टम्भे गुडिका देया चोदरे दारुणामये । अधोदेशेषु सर्वेषु गुदेषु च महौषधिः ।
दीयते क्षीयते सामः कामकायविवर्द्धनः ।।४९।।

44-49. Rukmiśa Rasa:

Ingredients: *Haraḍa*, fresh *jayapāla* and latex of *snuhī*.

Process of Drug-Making: Obtain powder of *haraḍa* and mix powder of fresh *jayapāla* measuring one fifth of *haraḍa* powder. Triturate the mix along with the latex of *snuhī*. Subsequently, prepare round pills equivalent to one *tañka* measure.

Therapeutic benefits: This *Rukmiśa Rasa* helps in stopping burning sensation, fainting, *bhrama* and *klam*. It helps in *virecana* (purgation) with a force. It specifically relieves *āma*. The *virecana* (purgation) provided by this medicine is far more effective than *niruhaṇa*, *bindughṛita* and *niśotha*. This medicines helps in purifying body, makes body more stronger and beautiful. This is a great promoter of physique, strength and longevity. This medicine should be given in all the cases of *virecana* (purgation), constipation, problems related to gastro intestinal tract, *arśaroga*, *guḍaroga* and disorders of *adhobhāga* (i. e. lower part of the body). This medicine eliminates *āma doṣa* and increases aphrodisiac power.

Note: *Rukmiśa Rasa* is not only a *virecak*, it is also helpful in checking above diseases if accompanied by their respective treatments. This medicine can be given in doses upto 125 mg.

(*Rasendra Sār Sangraha*)

अर्कवटी (अजीर्ण) चिकित्सादर्शे–

अर्कमूलत्वचः शुष्काश्चूर्णिताः श्लक्ष्णरूपतः । तद्भागतुल्ये मरिचसैन्धवे च पृथक् पृथक् ।।५०।।
चूर्णितं चापि संगृह्य निम्बुद्रवविमर्दितम् । कृत्वा वटीश्चणकवत् प्रतिहोरं यथाविधि ।।५१।।
अजीर्णत्रस्तचित्तस्तु सेवेत स्वास्थ्यलिप्सया । इति सद्भिषजां राजा राजेश्वरबुधोऽन्वभूत् ।।५२।।

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50-52. Arkavaṭī:

Ingredients: Bark of *madār*'s root (see that the same has been dried under shade), black pepper, rock salt and lemon juice.

Process of Drug-Making: Take in equal parts, bark of *madār*'s root (see that the same has been dried under shade), black pepper and rock salt. Triturate these materials together in lemon juice and subsequently prepare pills similar to the size of gram.

Method of use/Administration: This medicine should be given after every one hour.

Therapeutic benefits: This medicine is very useful in cases of indigestion.

अर्कपुष्पादिवटिका (अग्निमान्द्ये उदरशूले च) अ. भू.–

अर्कपुष्पसमुद्भूतमज्जा शुद्धं च रामठम् । शुद्धं कुपीलुकं चैव शुद्धं च नरसारकम् ।।५३।।
मरिचं चैव संगृह्य समभागेन चूर्णितम् । जलेन सर्वं संपेष्य वटीं मरिचसंनिभाम् ।।५४।।
संपाद्य यत्नतो रक्षेन्मन्दोष्णेनैव वारिणा । एकां द्वे वा सुवटिके शूले ह्युदरसंभवे ।।५५।।
वह्निमान्द्ये विशेषेण वैद्यवर्यः प्रयोजयेत् । इयमेवार्कपुष्पादिवटी नाम्ना भिषग्वरैः ।
अनुभूताऽनिशं तस्मादस्मिन् ग्रन्थे प्रकाशिता ।।५६।।

53-56. Arkapuṣpādi Vaṭī:

Ingredients: Pulp of *arka* flowers, purified *hingu*, purified *kucilā*, purified *nṛisār*, *marica* and water.

Process of Drug-Making: Obtain equal parts of pulp of *arka* flowers, purified *hingu*, purified *kucilā*, purified *nṛisār* and *marica*. Powder these materials and triturate them along with water. Subsequently, prepare pills similar to the size of *marica* and store them.

Method of use/Administration: Consume this medicine in doses of one or two pills along with warm water in cases of stomachache and especially in *agnimāndya*.

Therapeutic benefits: This *Arkapuṣpādi Vaṭī* is a unique medicine.

कुबेराक्षवटी (अग्निमान्द्ये शूलरोगे च) अ. भू.–

त्रयो भागाः करञ्जस्य मज्ज्ञस्त्रिकटुसंभवम् । भागत्रयं चैकभागः सौवर्चलभवस्तथा ।।५७।।
संचूर्ण्य सर्वमेकत्र वारिणा सह मर्दयेत् । ततो द्विरक्तिप्रमिता वट्यः कार्या यथाविधि ।।५८।।
इयं कुबेराक्षवटी वारिणोष्णेन सेविता । विनाशयत्यग्निमान्द्यं शूलं चोदरसंभवम् ।।५९।।
अस्य मात्रा प्रयोक्तव्या वट्येका वा वटीद्वयी । द्विवारं वा त्रिवारं वा प्रत्यहं योग्यतावशात् ।।६०।।

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57-60. Kuberākṣa Vaṭī:

Ingredients: *Karañja* (pulp), dried ginger, *marica*, *pippalī*, rock salt and water.

Process of Drug-Making: Get three parts of *karañja* (pulp) and 1 part each of dried ginger, *marica*, *pippalī* and rock salt. Powder these materials and triturate the mix along with water. Prepare pills measuring 250 mg. each.

Method of use/Administration: This *Kuberākṣa Vaṭī* is to be taken along with warm water. It should be taken in doses of one to two pills daily twice or thrice in a day.

Therapeutic benefits: It cures *agnimāndya* and *udaraśūla*.

अम्लिकासत्त्वादि चूर्णम् (आध्माने) अ. भू.–

भागस्य पञ्चमोंऽशः स्यादम्लिकासत्त्वसंभवः । पोदिकासत्त्वजस्त्वष्टचत्वारिंशः प्रकीर्त्तितः ।।६१।।
द्वौ भागौधान्यकस्यैकोभागोजीरकसंभवः । शूण्ठ्याश्चशतपुष्पाया एको भागः पृथक् पृथक् ।।६२।।
सर्वाण्येतानि संगृह्य श्लक्ष्णचूर्णानि कारयेत् । ततः संमिश्र्य संरक्षेत् काचकूप्यां यथाविधि ।।६३।।
इदं लोकेऽम्लिकासत्त्वादि चूर्णं पूर्णरूपतः । निहन्यात्तूर्णमाध्मानं रुचिं कुर्याद्विशेषतः ।।६४।।
दीपनं जठरस्याग्नेः पाचकं परमं स्मृतम् । अनुपानं जलं कोष्णं ज्ञेयमत्र भिषग्वरैः ।।६५।।

61-65. Amlikāsatvādi Cūrṇa:

Ingredients: *Satva* of tamarind, *satva* of *podikā*, coriander, white cumin seeds, dried ginger and aniseeds.

Process of Drug-Making: Obtain *satva* of tamarind (one fifth part), *satva* of *podikā* (1/48 part), coriander (two parts), white cumin seeds, dried ginger and aniseeds (1 part each). Ground them into fine powders and combine them together.

Method of use/Administration: This medicine is to be taken in doses of 3-6 gm.

Therapeutic benefits: This *Amlikāsatvādi Cūrṇa* is very tasty and it promotes digestion. It also checks *ādhmān*.

मधुयष्ट्यादिचूर्णम् (मृदुरेचने)–

मधुयष्टिर्द्विभागा स्यात्स्वर्णपत्र्यपि तादृशी । शतपुष्पा दारुनिशा विशुद्धो गन्धकस्तथा ।।६६।।
प्रत्येकं त्वेकभागं स्यात्सप्तभागमिता सिता । सर्वमेकत्र संचूर्ण्य क्षीरेणोष्णेन पाययेत् ।।६७।।
षण्माषकमितं चूर्णं सुखदं मृदुरेचनम् । शास्त्रिराजेश्वरैरेतदनुभूतं विशेषतः ।।६८।।

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66-68. Take two parts each of *madhuka* and foils of *svarṇa*, 1 part each of aniseeds, *dāru haridrā* and purified *gandhaka* along with seven parts of the raw sugar. Combine all these materials and powder them. Obtain 6 gm. of this powder and consume it along with warm milk. This medicine helps in comfortable *virecana* (purgation). This is a unique medicine.

कृष्णबीजादिचूर्णम् (मृदुविरेचने) अ. भू.–

सुभृष्टं कृष्णबीजं स्यादष्टभागिकमुत्तमम् । स्वर्णपत्री चतुर्भागा नागरं युग्मभागिकम् ।।६९।।
शतपुष्पा चैकभागा तरुणीपुष्पकं तथा । एतत्सर्वं विचूर्ण्याथ वस्त्रपूतं विधाय च ।।७०।।
तत्र संमिश्रयेद् यत्नाद्वसुभागमितां सिताम् । निम्बूकसंभवरसैर्भावयित्वा विधानतः ।।७१।।
संमर्दनाद्रजः शुष्कं कल्पयित्वा विधानविद् । संरक्षेत्काचपात्रे तत् कृष्णबीजादिचूर्णकम् ।।७२।।
माषकत्रयतो यावत् षण्माषकमथाम्भसा । सेवनाद्दिनामेतत् पाचनं मृदु रेचकम् ।।७३।।

69-73. Kṛiṣṇabījādi Cūrṇa

Obtain the following: eight parts of fried *kṛiṣṇa* seeds, four parts of *svarṇapatra*, two parts of dried ginger, 1 part of aniseeds and 1 part of rose flowers. Powder all these materials and sieve the mix through a piece of cloth. Later, add to it eight parts of sugar and impregnate the mix with lemon juice. Dry the mix and store it in glass bottle. This *Kṛiṣṇabījādi Cūrṇa* is to be taken in doses of 3-6 gm. along with water to have smooth and comfortable loose motions. This medicine also helps in digestion.

षट्सकारचूर्णम्–

स्वर्णपत्री चतुर्भागा शिवा स्वल्पा द्विभागिकी । सौवर्चलं सैन्धवं च शुण्ठी च शतपुष्पिका ।।७४।।
प्रत्येकं चैकभागं स्यात् सर्वमेकत्र चूर्णयेत् । षट्सकारमिदं चूर्णं षण्माषकमितं सदा ।।७५।।
उष्णोदकेन संसेव्यं सुखदं रेचनं परम् । शास्त्रिराजेश्वरैरेतत् परीक्षितमधिक्षिति ।।७६।।

74-76. Get the following: four parts of *svarṇapatra* (foils), two parts of lesser *haraḍa*, black salt, rock salt, dried ginger and aniseeds. Powder all these materials and store them. This medicine is to be consumed in doses of 6 gm. along with warm water to have smooth and comfortable *virecana* (purgation). This is a proven medicine.

वनप्सिकादिकषायकः (प्रतिश्याये)–

वनप्सिकाप्रसूनं च गोजिह्वा मधुकं तथा । खतमी चापि प्रत्येकं माषकत्रयसंमितम् ।।७७।।
श्लेष्मातकस्य बीजानि दिक्संख्यानि तथैव च । उन्नाबकस्य बीजानि तदर्द्धान्यखिलानि च ।।७८।।
एकत्रैतानि संकुट्य क्वाथयेत्कुडवेऽम्भसि । अर्द्धावशिष्टं विज्ञाय वस्त्रपूतं विधाय च ।।७१।।
शर्करां तत्र प्रक्षिप्य सुखमुष्णं च तं पिबेत् । वनप्सिकादिको नाम कषायक इतीरितः ।।८०।।

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प्रतिश्यायप्रशमने प्रयोगोऽयमनुत्तमः । शास्त्रिराजेश्वरैः प्रायो बहुधैव परीक्षितः ।।८१।।

77-81. Take 3 gm. each of *vanapsikā*, *gojihvā*, *madhuka* and *khatmī* along with 10 seeds of *śelutvaka* and five seeds of *unnāva*. Thickly pulverize these materials and decoct them along with quarter measure water until the original quantity is reduced to half. Filter the reduced decoction and add to it 24 gm. of raw sugar. Consume the same when lukewarm. It specifically provides relief in cold (*pratiśyāya*). This *Vanapsikādi Kaṣāyaka* is one of the best medicine for curing cold.

श्वासघ्नो धूमः (श्वासे)–

क्षुद्राबीजं कानकं च पत्रं छायाविशोषितम् । यवानिका पारसीक-यवानी सोरकं निशा ।।८२।।
गञ्जा समांशतः सर्वं गृह्णीयात्तु यथाविधि । सङ्कुट्य किंचिन्मात्रं तत् स्थापयेद्यत्नतो भिषग् ।।८३।।
शास्त्रिराजेश्वरैरेतदनुभूतं निरन्तरम् । श्वासावेगेऽतिकृच्छ्रे तु विषीदन्तमथातुरम् ।।८४।।
तद् धूमं पाययेत् किंवा घ्रापयेच्च यथाविधि । तेन सद्यः श्वासकष्टान्मुक्तो भवति चामयी ।।८५।।

82-85. Obtain equal parts of lesser *kṣudrā* seeds, leaves of *dhatūra* that are dried under shade, *yamānī*, *pārasīka yamānī*, *sorakam*, *haridrā* and *vijayā*. Thickly pulverize all these materials together and store them. When a patient is facing a severe asthma (*śvāsa*) attack, serve the smoke of this compound along with the help of a smoking pipe in adequate quantity. This measure would immediately help the patient. This is hundred percent proven measure.

केशरवटी (श्वास-कासे) अ. भू.–

केशरं साधु काश्मीरमेकतोलकसंमितम् । एलवालुकजं तोलद्वितयं चाभयाभवम् ।।८६।।
संचूर्णितं सर्वमिदं तरुणीपुष्पजाम्भसा । संमर्द्य वटिकाः कार्याः शुभाश्चणकसंमिताः ।।८७।।
इयं स्यात्केशरवटी श्वासकासहितावहा । किंचिद्विरेचनी चास्य मात्रैका वटिकाम्भसा ।।८८।।
किंवा वटीद्वयी प्रातः सायं सेव्याऽऽमयाविना । अनुभूता सुभिषजा नात्र कार्या विचारणा ।।८९।।

86-89. Keśara Vaṭī:

Ingredients: *Kāśmīr keśar*, *elvāluka*, *haraḍa* and rosewater.

Process of Drug-Making: Get 12 gm. of *kāśmīr keśar* and 24 gm. each of *elvāluka* and *haraḍa*. Powder all these materials and sieve the mix through a piece of cloth. Later, triturate the mix along with the rosewater and prepare pills similar to the size of gram.

Method of use/Administration: This medicine should be taken in doses of one to two pills during morning and evening hours along with water.

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Therapeutic benefits: This *Keśara Vaṭī* is very much helpful in cases of *Śvāsa* and *kāsa* (coughs). It is also a little bit purgative. This is undoubtedly a unique medicine.

सुवर्णलतिकादितैलम् (वातव्याधौ) अ. भू.–

ज्योतिष्मती शुभा सार्द्धद्विसेटकमिता ततः । पञ्चाशत्कर्षतुलिता ग्रहणीया यमानिका ।।९०।।
आकारकरभं मेथी लवङ्गं च रसोनकम् । प्रत्येकं मानतो ग्राह्यं कर्षाणां पञ्चविंशतिः ।।९१।।
मरिचं रक्तमप्यर्द्धसेटकोन्मितमुत्तमम् । एषां कल्कन्तु विधिवद्विधाय स्थापयेद्भिषक् ।।९२।।
तमाखुपत्रक्वाथोऽथ कटुतैलं पृथक् पृथक् । तुलाद्वयमितं नीत्वा सर्वमेकत्र पाचयेत् ।।९३।।
तैलं पक्वं तु विज्ञाय वाससा परिशोधयेत् । इयं सुवर्णलतिकादिकं तैलमनुत्तमम् ।।९४।।
वातव्याधौ विशेषेण हितं तत्सेवितं सदा । इति प्रायेण भिषजामनुभूतं सुनिश्चितम् ।।९५।।

90-95. Suvarṇalatikādi Tailam:

Ingredients: *Jyotiṣmatī*, *yamānī*, *akarkarā*, *methī*, clove, garlic, red pepper, water, decoction of *tamākhu patra* and *mūrcchita* mustard oil.

Process of Drug-Making: Obtain the following: 2.50 kg. (approx.) of *jyotiṣmatī*, 120 gm. of *yamānī*, 60 gm. each of *akarkarā*, *methī*, clove and garlic along with 96 gm. of red pepper. Combine these materials and ground them in water to prepare *kalka*. Combine this *kalka* along with decoction of *tamākhu patra* and *mūrcchita* mustard oil measuring two *tulās* (10 kg. approx.) each. Methodologically cook the preparation and obtain medicinal oil. Filter the obtained oil.

Therapeutic benefits: This *Suvarṇalatikādi Taila* if used regularly, provides relief from various *vāta* generated diseases. This is a unique medicine for the physicians.

अपतन्त्रहरी वटी (अपतन्त्रके) अ. भू.–

कर्पूरं रामठं गञ्जा पारसीकयवानिका । द्विद्वियुग्माष्टभागाः स्युः क्रमेणैषां यथाविधि ।।९६।।
चूर्णमेकत्र संगृह्य वारिणा मर्दयेद् भिषक् । अत्र गोघृतसभृष्टं रामठं ग्राह्यमुत्तमम् ।।९७।।
मरिचप्रमिता वट्यो विधातव्याः प्रयत्नतः । प्रातः सायं च संसेव्या वटिकैकाऽम्भसा शुभा ।।९८।।
एषाऽपतन्त्रहरणादपतन्त्रहरी वटी । विख्याता चानुभूताऽपि श्रीराजेश्वरशास्त्रिभिः ।।९९।।

96-99. Apatrantraharī Vaṭī:

Ingredients: Camphor, purified *hingu*, *vijayā* and *pārsīka yamānī*.

Process of Drug-Making: Get 24 gm. each of camphor, purified *hingu* and *vijayā* along with 384 gm. of *pārsīka yamānī*. Powder all these materials and

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triturate . Prepare pills similar to the size of black pepper. In this recipe, one should take *hingu* that has been fried in *ghṛitam*.

Method of use/Administration: This medicine should be consumed in doses of one pill each during morning and evening hours.

Therapeutic benefits: This medicine is checks *apatañtra* and hence known as *Apatañtraharī Vaṭī*.

यावनरत्नेश्वरः (मूर्च्छोन्मादापस्मारेषु हृद्दौर्बल्यादिषु च)–

तृणकान्तं च माणिक्यं मुक्ता मरकतं तथा । विद्रुमं पिष्टयश्चैषां यथाविधि विनिर्मिता ।।१००।।
अग्निजारो निर्विषो च चूर्णं कौशेयजं तथा । द्वितोलकमितं ग्राह्यं प्रत्येकं तु भिषग्वरैः ।।१०१।।
व्योमाश्मपिष्टिर्हरिणशृङ्गभस्म सुशोभनम् । सामुद्रनारिकेलं च प्रत्येकं वेदतोलकम् ।।१०२।।
कस्तूरी राजतं हैमं सूक्ष्मपत्रकमुत्तमम् । एकतोलकमानं तु प्रत्येकं मर्दयेद्भिषक् ।।१०३।।
तरुणीकुसुमोद्भूतेनार्केणैव प्रयत्नतः । चतुर्दशदिनान्येवं परिभाव्य यथाविधि ।।१०४।।
एकरक्तिमिताः कार्या वटिकाः शोभनास्ततः । यथादोषानुपानेन योजनीया निरन्तरम् ।।१०५।।
रत्नेश्वरो यावनोऽयं हृद्यो बल्यो विशेषतः । शिरोभ्रमं च हृदयस्पन्दनं कष्टदं सदा ।।१०६।।
अपनीय तथा सद्योहृद्बलं च विवर्द्धयेत् । उन्मादमूर्च्छाऽपस्माररोगानपि विनाशयेत् ।।१०७।।
मेधाविवर्द्धनो ननं दृष्टो वारसहस्रशः । जवाहराद्योऽयं ख्यातो मोहरान्तो विशेषतः ।।१०८।।
यावने वैद्यके प्रोक्तो भिषग्वर्यैः प्रयुज्यते ।।१०९।।

100-109. Yāvan Ratneśvara:

Ingredients: *Tṛiṇakanti piṣṭī*, *mānikya piṣṭī*, *muktā piṣṭī*, *pannāpiṣṭī*, *pravālapiṣṭī*, *agnijār* (*ambar*), *nirviṣa*, silk, *vyomāśma piṣṭī*, *mṛigaśṛinga bhasma*, riverside coconut, foils of silver and gold and essence of rose.

Process of Drug-Making: Obtain 12 gm. each of *tṛiṇakantipiṣṭī*, *mānikyapiṣṭī*, *muktā piṣṭī*, *pannāpiṣṭī*, *pravālapiṣṭī*, *agnijār* (ambar), *nirviṣa*, silk, 48 gm. each of *vyomāśma piṣṭī*, *mṛigaśṛinga bhasma* and riverside coconut along with 12 gm. each of the foils of silver and gold. Triturate all these materials and impregnate the mix with *arka* of rose for 24 days. Subsequently, prepare pills in measurement of 250 mg. each.

Method of use/Administration: This medicine should be consumed along with proper *anupāna*s depending on the concentration of *doṣas*.

Therapeutic benefits: This *Yāvan Ratneśvara* is very much helpful to heart and it provides strength to body. It checks fainting and maintains heartbeat. It also cures *unmāda*, *mūrcchā* and *apasmāra*. It promotes intellect. This medicine has been tested for 1000 times and in Unani system of medicine it is known as

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Javāhar Mohrā. This medicine being one of the best in its kinds, is used by wise physicians.

वद्धदार्वद्यं लौहम् (आमवाते) र. सा. सं.–

वृद्धदारुत्रिवृद्दन्तीगजपिप्पलिमाणकैः । त्रिकत्रयसमायुक्तैरामवातान्तकं त्वयः ।।११०।।
सर्वानिव गदान् हन्ति केशरी करिणो यथा ।।१११।।

110-111. Take equal parts of *vṛiddhadāraka*, *niśoth*, *dantī*, *gajapippalī*, *mānakanda*, *haraḍa*, *vibhītaka*, *āmalakī*, dried ginger, *marica*, *pippalī*, *citraka*, *mustā* and *vāya viḍanga*. Powder these materials and add to their mix *lauha bhasma* measuring equal to their combined weight. This medicine checks *āmavāta* and other major diseases. This medicine is as effective as a lion in killing an elephant.

(*Rasendra Sār Sangraha*)

महानाराच रसः (गुल्मरोगे) र. सा. सं.–

ताम्रं सूतं समं गन्धं जैपालं च फलत्रिकम् । कटुकं पेषयेत् क्षारैर्निष्कं गुल्महरं पिबेत् ।
उष्णोदकं पिबेच्चानुं नाराचोऽयं महारसः ।।११२।।

112. Mahānārāca Rasa:

Ingredients: *Tāmra bhasma*, *pārada*, *gandhaka*, *jayapāla*, *haraḍa*, *vibhītaka*, *āmalakī*, dried ginger, *marica*, *pippalī*, *yavakṣāra*, *svarjikṣār* and borax.

Process of Drug-Making: Obtain equal parts of *tāmra bhasma*, *pārada*, *gandhaka*, *jayapāla*, *haraḍa*, *vibhītaka*, *āmalakī*, dried ginger, *marica*, *pippalī*, *yavakṣāra*, *svarjikṣār* and borax. First prepare *kajjalī* out of *pārada* and *gandhaka* and mix rest the materials into it after properly triturating them.

Method of use/Administration: Consume this medicine in doses of 6 gm. and subsequently drink warm water. After consuming this medicine, one should eat two pomegranate fruits.

Dosage – 250 mg.

Therapeutic benefits: This medicine would give relief from *gulma* indisposition. This is *Mahānārāca Rasa*.

(*Rasendra Sār Sangraha*)

श्वेतपर्पटी (मूत्रकृच्छ्रे) अ. भू.–

द्वौ भागौ शोरकस्याप्सु घोलयित्वा प्रपाचयेत् । अवगत्यविलीनं तद् वाससा परिशोधयेत् ।।११३।।

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तदर्द्धांशमितां तत्र स्फटिकां मिश्रयेत्ततः । पुनस्तावत् पाचनीयं यावन्न घनतां व्रजेत् ।।११४।।
जाते घनत्वे कदलीपत्रोपरि निधापयेत् । पत्रान्तरेण चाच्छाद्ये गुरुवस्तुनिपीडितम् ।।११५।।
विदध्यादथ विज्ञाय शीतलं तत्ततः पृथक् । कृत्वा संस्थापयेत्काचपात्रे भैषज्यकोविदः ।।११६।।
दुग्धवद्धवलाऽस्थ स्यात्पर्पटी यत एव हि । ततोऽसौ कथिता लोके भिषग्भिः श्वेतपर्पटी ।।११७।।
इयं तु मूत्रलात्यर्थं व्यर्थंयातिनजातुचित् । शीताम्भःशर्कराऽम्भो वाऽनुपानं चात्र कल्पयेत् ।।११८।।

113-118. Śvetaparpaṭī:

Ingredients: *Śoraka*, water and alum.

Process of Drug-Making: Take two parts of *śoraka*, dissolve it in water and cook. Sieve the same when it is fully dissolved. Add 1 part of alum to it and cook the preparation until it becomes a thick confection. When it becomes a very thick confection, remove it from the stove and pour it on banana leaves and cover the same with other leaf. Press the same from top. Separate it, when it becomes cool. The cooled compound would look like a *parpaṭī* having milky white colour. The same is known as *Śveta Parpaṭī*.

Method of use/Administration: The dosage of this medicine is from 3-4 gm.. It could be given three to four times in a day. In *anupāna*, one should be served with cold water or squash.

Therapeutic benefits: This checks urinary problem. It has never been a useless drug.

वरुणाद्यं लौहम् (मूत्रकृच्छ्रे) र. सा. सं.–
द्विपलं वरुणं धात्र्यास्तदर्द्धं धात्रिपुष्पकम् । हरीतक्याः पलार्द्धञ्च पृश्निपर्णं तदर्द्धकम् ।।११९।।
कर्षमानञ्च लौहाभ्रं चूर्णमेकत्र कारयेत् । भक्षयेत् प्रातरुत्थाय शाणमानं विधानवित् ।।१२०।।
मूत्राघातं तथा घोरं मूत्रकृच्छ्रञ्च दारुणम् । अश्मरीं विनिहन्त्याशु प्रमेहं विषमज्वरम् ।।१२१।।
बलं पुष्टिकरञ्चैव वृष्यमायुष्यमेव च । वरुणाद्यमिदं लौहं चरकेण विनिर्मितम् ।।१२२।।

119-122. Varuṇādyam Lauham:

Ingredients: *Varuṇa* tree's bark, *āmalakī*, *dhātakī* flowers, *haraḍa*, *pṛiśṇiparṇī*, *lauha bhasma* and *abhraka bhasma*.

Process of Drug-Making: Obtain 96 gm. of *varuṇa* tree's bark, 96 gm. of *āmalakī*, 48 gm. of *dhātakī* flowers, 48 gm. of *haraḍa*, 24 gm. of *pṛiśṇiparṇī*, 24 gm. of *lauha bhasma* and 24 gm. of *abhraka bhasma*. Powder all these materials and combine.

Method of use/Administration: Take four doses during morning only.

Dosage – 1-2 gm. It immediately effects.

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Therapeutic benefits: This medicine is capable of checking severe *mūtraghāta*, difficult *mūtrakṛiccha*, *aśmarī*, *prameha* and *viṣam jvara*. It promotes strength, stamina, semen and longevity. This *Varuṇādyam Lauham* has been propounded by God Caraka.

(*Rasendra Sār Sangraha*)

सर्पगन्धाचूर्णम् (रक्तचापे) अ. भू.–

सर्पगन्धा श्लक्ष्णचूर्णं वस्त्रेण परिशोधितम् । माषकैकं द्विमाषं वा घृतमिश्रं विधाय च ।।१२३।।
भक्षयेत् प्रत्यहं प्रातः सायं चोन्मादरोगयुक् । तेन निद्रा समुदयादुन्मादहितकृत् परम् ।।१२४।।
भवेदिदं सर्पगन्धाचूर्णं तूर्णं न संशयः । एतेन रक्तभारेऽपि न्यून्ता जायते ध्रुवम् ।।१२५।।
बहुष्वामयिषु प्रायः परीक्ष्य च मुहुर्मुहुः । इति प्रोक्तं भिषग् राजेश्वरदत्तेन शास्त्रिणा ।।१२६।।

123-126. Sarpagandhā Cūrṇam:

Ingredients: *Sarpagandhā* powder and *ghṛitam*.

Process of Drug-Making: Get 1-2 gm. of *sarpagandhā* powder that has been sieved through a piece of cloth. Mix this powder with *ghṛitam*.

Method of use/Administration: Serve it for licking to patients of *unmāda* daily during morning and evening hours.

Therapeutic benefits: This medicine makes the patient to sleep and thus relieves him from *unmāda*. This *Sarpagandhā Cūrṇam* is a sure and certain cure for *unmāda* disorder. Application of this medicine also helps the patients of blood pressure. This medicine has been tested on various patients and thus published by Śrī Rajeśvardatta Śāstrī.

चोपचीन्यादिकषायः (रक्तविकारे) अ. भू.–

चोपचीन्यास्त्रयो भागा उशवा युग्मभागिकी । सुरञ्जानस्य मिष्टस्य ग्राह्यं भागचतुष्टयम् ।।१२७।।
चिरतिक्तस्यगोरक्षमुण्ड्याधात्रीफलस्य च । मधुकस्यच तिक्तायाःशारिवायाःपृथक् पृथक् ।।१२८।।
एको भागस्तथा द्राक्षा-भागाश्चत्वार एव च । एतत्सर्वं तु संकुट्य स्थापयेद्यत्नतो भिषग् ।।१२९।।
अयं हि चोपचीन्यादिकषायो नाम विश्रुतः । समस्तरक्तविकृतौ हितकृत्कोष्ठशुद्धिकृत् ।।१३०।।
ततस्तोलकमेकं वा तोलकद्वितयं तथा । क्वाथ्यद्रव्यं समादाय जलेऽष्टगुणिते पचेत् ।।१३१।।
क्वाथं पादावशेषं तमवतार्य च शोधयेत् । शीते तस्मिंस्तु प्रक्षिप्य मधुतोलकमुत्तमम् ।।१३२।।
पाययेत्तं विशेषेण रक्तस्य विकृतौ भिषक् । श्रीराजेश्वरदत्तेन भिषजेति प्रकीर्त्तितम् ।।१३३।।

127-133. Copacīnyādi Kāṣāya:

Ingredients: *Copacīnī*, *uśavā*, *surāñjān* (sweet variety), *citraka*, *gorakṣamuṇḍī*, *āmalakī*, *madhuka*, *koṣatakī* and *anantamūla*.

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Process of Drug-Making: Take three parts of *copacīnī*, two parts of *uśavā*, four parts of *surāñjān* (sweet variety) and 1 part each of *citraka*, *gorakṣamuṇḍī*, *āmalakī*, *madhuka*, *koṣatakī* and *anantamūla*. Thickly pulverize these materials and store their compound.

Method of use/Administration: One should take one to 24 gm. of this mixture and decoct it along with water measuring eight times greater until its original quantity is reduced to one fourth. Subsequently, filter the reduced decoction and let it cool down. Add 12 gm. of honey to it and serve it.

Therapeutic benefits: This medicine is famous as *Copacīnyādi Kāṣāya* and it is very helpful in all blood disorders. It also purifies *koṣṭha*.

चन्दनादिवटी (पूयमेहे) अ. भू.–

चन्दनोद्भवतैलस्य मधुसिक्तस्य च क्रमात् । एकस्तथा त्रयो भागा ग्राह्याः सद्भिषजां गणैः ।।१३४।।
अथ वह्नौ द्रवीकृत्य मधुसिक्थं सुवाससा । संशोध्य च ततस्तत्र तैलं चन्दनसम्भवम् ।।१३५।।
सम्मेल्य चालयेद्दर्व्या यावन्न घनतामियात् । घनीभूतेऽथ वटिका द्विरक्तिप्रमिताः शुभाः ।।१३६।।
प्रकल्प्या अगदङ्कारैः पूयमेहजिहीर्षया । सेवनीयेयमनिशं चन्दनादिवटी श्रुता ।।१३७।।
गोक्षुरस्य कषायेण द्वित्रिवारं तु प्रत्यहम् । एकैका वटिका द्वे वा मात्राऽस्या वैद्यसम्मता ।।१३८।।
अनुभूता सदा विद्भिरायुर्वेदस्य प्रायशः । ततो हिताय जगतः कृपयैव प्रकाशिता ।।१३९।।

134-139. Candanadi Vaṭī:

Ingredients: *Candana* oil and wax.

Process of Drug-Making: Get 1 part of *candana* oil and three parts of wax. First, collect wax in a vessel and put it over a stove. When the wax is melted, sieve the same with a piece of cloth. Add *candana* oil to it and keep cooking the recipe until it becomes thick syrup. When the compound becomes sticky, prepare pills measuring 250 mg. each.

Method of use/Administration: The medicine should be taken in doses of one to two pills along with decoction of *gokṣura* daily for two or three times.

Therapeutic benefits: This *Candana Vaṭī* is beneficial in cases of *pūyameha*. This medicine has been tested by Ayurvedic physicians and it has been published for the welfare of mankind.

बल्यं चूर्णं (स्वप्नमेहादौ) अ. भू.–

बब्बूलजं फलं चाव्विशोषश्चाप्यष्टवर्गजम् । द्रव्यं पृथक् पृथक् ग्राह्यं तदभावे यथाश्रुतम् ।।१४०।।
तत्प्रतिनिधिरूपाणि द्रव्याणितु भिषग्वरैः । सालिबाह्वा सिता चापि शाल्मलेः कन्दमुत्तमम् ।।१४१।।

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तृणकान्तं च सूक्ष्मैलाबीजं कत्तीरकं तथा । श्वेताऽपि मुशली ग्राह्यं प्रत्येकं चैकभागिकम् ।।१४२।।
ईषद्गोलबीजतुषं चतुर्भागमितं शुभम् । सर्वं संचूर्ण्य चश्लक्ष्णं सर्वचूर्णसमा सिता ।।१४३।।
तत्र योज्या च भिषजा मात्रा चास्य द्विमाषिकी । अनुपानं तु गोदुग्धमथवा शीतलं जलम् ।।१४४।।
बल्यचूर्णमिदं तूर्णमपनीय विशेषतः । वीर्यतारल्यमत्यर्थं गाढीकुर्याच्च तद् ध्रुवम् ।।१४५।।
स्वप्नमेहसमुद्भूतभीतिव्यूहापरं महत् । विश्वविद्यालयीयायुर्वेदविद्यालयेऽधुना ।।१४६।।
चरकाचार्यचुञ्चुश्रीशास्त्रिराजेश्वरैरिदम् । सर्वदैवानुभूतं तद् योजयन्तु भिषग्वराः ।।१४७।।

140-147. Balyam Cūrṇa:

Ingredients: Fruit of *babbūl*, *samudraśoṣa*, all separate herbs of *aṣṭavarga* or their prescribed liquids, *sālib miśrī*, bulb of *śālmali*, *tṛiṇakānta*, seeds of smaller cardamom, *kattīra*, white *mūśalī* and husk of *iṣadgol* seeds.

Process of Drug-Making: Obtain the following: 1 part each of fruit of *babbūl*, *samudraśoṣa*, all separate herbs of *aṣṭavarga* or their prescribed liquids, *sālib miśrī*, bulb of *śālmali*, *tṛiṇakānta*, seeds of smaller cardamom, *kattīra* and white *mūśalī* along with four parts of husk of *iṣadgol* seeds. Powder all these materials and combine their powders together.

Method of use/Administration: This medicinal powder is to be taken in doses of 2 gm. along with milk or cold water.

Therapeutic benefits: It promotes strength and checks thinness of semen. It specifically cures all disorders related to *svapnamehā*. This is a proven medicine and it has been prepared by Śrī Rajeśvardatta Śāstrī, the Carakācārya of Hindu University's Ayurvedic College. This medicine is used by wise physicians.

ताम्रेश्वरवटी (प्लीहरोगे) र. सा. सं.–

हिङ्गु त्रिकटुकञ्चैवापामार्गस्य च पत्रकम् । अर्कपत्रं स्नुहीपत्रं तथा च समभागिकम् ।।१४८।।
सैन्धवं तत्समं ग्राह्यं लौहं ताम्रञ्च तत्समम् । प्लीहानं यकृतं गुल्ममामवातं सुदारुणम् ।।१४९।।
अर्शांसि घोरमुदरं मूर्च्छापाण्डुहलीमकम् । ग्रहणीमतिसारञ्च यक्ष्माणं शोथमेव च ।।१५०।।
इयं ताम्रेश्वरवटी निहन्त्येव न संशयः ।।

148-150. Tāmreśvara Vaṭī:

Ingredients: *Hingu*, dried ginger, *marica*, *pippalī*, leaf juices of *apāmārga*, *arka* and *snuhī*, rock salt and *tāmra bhasma*.

Process of Drug-Making: Take powders measuring 1 part each of *hingu*, dried ginger, *marica*, *pippalī*, and leaf juices of *apāmārga*, *arka* and *snuhī*. Powder these materials and add to it seven parts each of rock salt and *tāmra bhasma*. Triturate the mix.

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Method of use/Administration: Dosage – 125 mg.

Therapeutic benefits: This *Tāmreśvara Vaṭī* is very much helpful in curing spleen, liver, *gulma*, *āmavāta*, piles, severe problems related to gastro intestinal tract, fainting, *pāṇḍu*, *halīmaka*, *grahaṇī*, *atisāra*, *rājayakṣmā* and *śotha*.

(*Rasendra Sār Sangraha*)

क्षारगुडिका (शोथे) र. सा. सं.–

क्षारद्वयं स्याल्लवणानि पञ्च चत्वार्ययोव्योषफलत्रिकञ्च ।
सपिप्पलीमूलविडङ्गसारं मुस्ताजमोदामरदारुबिल्वम् ।।१५१।।
कलिङ्गकश्चित्रकमूलपाठे यष्ट्याह्वयं सातिविषं पलाशम् ।
सहिङ्गुकर्षं त्वतिसूक्ष्मचूर्णं द्रोणं तथा मूलकशुण्ठकानाम् ।।१५२।।
स्याद्भस्मनस्तत् सलिलेन साध्यमालोड्य यावद् घनमप्यदग्धम् ।
स्त्यानं ततः कोलसमाञ्च मात्रां कृत्वा तु शुष्कां विधिना प्रयुञ्ज्यात् ।।१५३।।
प्लीहोदरं श्वित्रहलीमकार्शःपाड्वामयारोचकशोथशोषान् ।
विसूचिकागुल्मगराश्मरीश्च सश्वासकासान् प्रणुदेत् सकुष्ठान् ।।१५४।।
सौवर्चलं सैन्धवञ्च विडमौद्भिदमेव च । सामुद्रलवणञ्चात्र जलमष्टगुणं भवेत् ।।१५५।।

151-155. Kṣāra Guḍikā:

Ingredients: *Yavakṣāra*, *svarjikṣāra,* all five types of salts, all four types of *lauhas* (*kānta*, *tīkṣṇa*, *pāṇḍya* and *vajra*), *trikaṭu*, *triphalā*, *pippalīmūla*, abstracts of *viḍanga*, *mustā*, *ajamodā*, *devadāru*, pulp of *bilva*, *indrayava*, *citraka*, *pāṭhā*, *madhuka*, *ativiṣa*, *ḍhāka*, *hingu*, *bhasma* of dried radish and water.

Process of Drug-Making: Obtain 12 gm. each of *yavakṣāra*, *svarjikṣāra,* all five types of salts, all four types of *lauhas* (*kānta*, *tīkṣaṇa*, *pāṇḍya* and *vajra*), *trikaṭu*, *triphalā*, *pippalīmūla*, abstracts of *viḍanga*, *mustā*, *ajamodā*, *devadāru*, pulp of *bilva*, *indrayava*, *citraka*, *pāṭhā*, *madhuka*, *ativiṣa*, *ḍhāka* and *hingu*. Pulverize these materials into a fine powder. Later, take 32 kg. (approx.) of *bhasma* of dried radish and dissolve it in water. Sieve the same and cook it. Stir the preparation with a spoon; see that the *bhasma* does not get burn. When the preparation becomes thick one should add the above-mentioned fine powders into the preparation. Subsequently, remove the preparation from stove and prepare pills similar to the size of *badarī*.

Five types of salts include *sauvarcala* salt, rock salt, *vīrīya* salt, *odabhija* salt and sea salt. And for cooking, one should take water measuring eight times greater than the *bhasma* of radish.

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Method of use/Administration: Dosage – 1 gm.

Therapeutic benefits: If this medicine is properly taken, this would give relief from problems of the spleen and stomach, *śvitra*, *halīmaka*, *arśa*, *pāṇḍuroga*, *arocaka*, *śotha*, *śoṣa*, *viṣūcī*, *gulma*, *kṛitrima viṣa*, *aśmarī*, *śvāsa*, *kāsa* (coughs) and *kuṣṭha* (skin diseases including leprosy).

(*Rasendra Sār Sangraha*)

अस्थिसंहारतैलम् (अभिघाते) अ. भू.–

अस्थिसंहारजं कल्कं कुडवोन्मितमुत्तमम् । स्वरसं च चतुःप्रस्थं तैलं तिलोद्भवम् ।।१५६।।
सर्वमेकत्र संगृह्य तैलपाकविधानविद् । पाचयेदय संसिद्धं तैलं संस्थापयेद् भिषक् ।।१५७।।
अभिघातजपीडायाः शामकं त्विदमुत्तमम् । अस्थिसंहारतैलं हि श्रीराजेश्वरसम्मतम् ।।१५८।।

156-158. Aṣṭhisanhāra Tailam:

Ingredients: *Kalka* of *aṣṭhisanhāra*, juice of *aṣṭhisanhāra* and *mūrcchita* mustard oil.

Process of Drug-Making: Get 250 ml. measure *kalka* of *aṣṭhisanhāra*, four liters of *aṣṭhisanhāra* juice and one liter of *mūrcchita* mustard oil. Methodologically, combine all these materials and cook the medicinal oil out of them. The oil thus obtained is known as *Aṣṭhisanhāra Taila*.

Therapeutic benefits: Application of this oil gives one relief from pain caused due to injuries.

कौशिकादिलेपः (व्रणे) अ. भ.–

मधुसिक्थकगुग्गुल्वोर्ग्राह्यं भागद्वयं पृथक् । पृथक् पृथक् तैलसर्जरसयोः समभागयोः ।।१५९।।
एको भागस्तथा भागद्वयं श्रीवेष्टकस्य च । एतत्सर्वं समादाय तैलं प्राक् तापयेत्ततः ।।१६०।।
मिश्रयेद् गुग्गुलुं सर्जरसञ्च मधुसिक्थकम् । एकीभूतं ततो ज्ञात्वा पृथक्कृत्य च वह्नितः ।।१६१।।
श्रीवेष्टकं च सम्मिश्र्य वाससा परिशोधयेत् । काचपात्रे च संस्थाप्य रक्षेत्तत् सर्वयत्नतः ।।१६२।।
शोधको रोपकश्चापि व्रणानां परिकीर्त्तितः । कौशिकादिकलेपोऽयमनुभूतः सहस्रशः ।।१६३।।
शोधकत्वाभिवृद्ध्यर्थं तैलं सर्षपसम्भवम् । रोपणत्वाभिवृद्ध्यर्थं घृतं देयं विशेषतः ।।१६४।।

159-164. Kauśikādi Lepa:

Ingredients: Wax, *guggulu*, sesame oil, *sarja rasa* and *śrīveṣṭaka*.

Process of Drug-Making: Obtain the following: two parts each of wax and *guggulu*, 1 part each of sesame oil and *sarja rasa* and two parts of *śrīveṣṭaka*. First, warm up the mustard oil and subsequently add *sarja rasa* and wax into it. When both these add-ons properly merge, remove them from fire. Mix *śrīveṣṭaka*

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into the preparation and thoroughly stir it. Later, sieve the liquid with a piece of cloth and let it harden. When this compound solidifies, it attains a dark brown colour. This compound is useful like a plaster.

In order to prepare a special purposeful drug, one should add sesame oil to it and similarly, for specific *ropan* purposes, *ghṛitam* should be used. This is a notion of senior physicians.

Therapeutic benefits: This helps in curing *vraṇa* and it is a *ropak*. This *Kauśikādi Lepa* is a proven medicine for over 1000 times.

अतस्यादिलेपः (दग्धव्रणे) अ. भू.–

अतसीसम्भवं तैलं सर्जनिर्यास एव च । निम्बपत्रं क्रमेणात्र चतुरेकार्धभागिकम् ।।१६५।।
गृहीत्वादौ निम्बपत्रं कल्कितं तु यथाविधि । पाचयेच्चातसीतैले ततः सिद्धेऽवतार्य तत् ।।१६६।।
वस्त्रपूतं विधायाथ पुनस्तैलं प्रतापयेत् । सर्जनिर्यासचूर्णं च तत्र सम्मिश्र्य युक्तितः ।।१६७।।
मन्दाग्नौ पाचयेत्तावद् यावन्न स्याद्विमिश्रितम् । वस्त्रपूतं ततः कृत्वा विद्ध्यात्तच्च शीतलम् ।।१६८।।
वारिणैकाधिकशत वारान् प्रक्षालयेच्च तत् । जलसङ्घर्षतो लेपो गाढश्चाथ सितो भवेत् ।।१६९।।
इत्यतस्यादिलेपः स्यादधिदग्धव्रणं हितः । श्रीराजेश्वरदत्तेनानुभूय बहुधोदितः ।।१७०।।

165-170. Atasyādi Lepa:

Ingredients: *Atasī* oil, *sarja rasa*, *neem* leaves and water.

Process of Drug-Making: Get four parts of *atasī* oil, 1 part of *sarja rasa* and methodologically prepared *kalka* of *neem* leaves. Systematically cook the *kalka* with oil and later filter it. Warm up the filtered oil and add powder of *sarja rasa* into it. When *sarja rasa* dissolves into oil, sieve the same with the help of a cloth. Let the compound to cool down. Later, wash the compound along with water for 101 times. When it is rubbed with water it becomes a thick white ointment.

Therapeutic benefits: This *Atasyādi Lepa* provides great relief when applied on the burnt parts of the body and it is one of the unique medicines.

उदुम्बरसारः (व्रणशोधनरोपणे, वातरक्ते, नेत्राभिष्यन्दे च) गूलरगुणविकासे–

औदुम्बराणि पत्राणि क्षालितानि सदम्भसा । मणोन्मितानि संगृह्य चतुर्गुणजले क्षिपेत् ।।१७१।।
सम्पाच्य क्वाथविधिना पादांशं तच्च शेषयेत् । अवतार्य ततो वस्त्रशोधितं संविधाय च ।।१७२।।
पुनस्तद्घनतावाप्त्यै कषायं पाचयेद्भिषक् । यदा दर्वीप्रलेपः स्यात्तदा तदवतारयेत् ।।१७३।।
संस्थाप्यबाष्पयन्त्रेऽथदर्व्याशश्चत्प्रचालयन् । तथातत्पाचयेद् युक्त्या यथा नो दग्धतां व्रजेत् ।।१७४।।
वटीनिर्माणयोग्यत्वं ज्ञात्वा तमवतारयेत् । ततः कर्पूरचूर्णं तु पञ्चतोलकसम्मितम् ।।१७५।।
तत्र प्रक्षिप्य सम्मिश्र्य रक्षेत् तद् यत्नतो भिषक् । नाम्नोदुम्बरसारोऽयं वैद्यरत्नेन सत्तमः ।।१७६।।
श्रीचन्द्रशेखरधराह्वयेनाविष्कृतो भुवि । वातरक्तं तथा नेत्राभिष्यन्दं दृग्व्रणादिकान् ।।१७७।।

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आमयान् विविधान् हन्ति नात्रकार्याविचारणा । सविशेषंगुणानस्य ज्ञातुं पश्यन्तु पुस्तकम् ।।१७८।।
विश्रुतं 'गूलरगुण-विकास' पदलाञ्छनम् । जलेन सह सम्मिश्र्य प्रयोगं विदधत्वलम् ।।१७९।।

171-179. Udumbarasāra:

Ingredients: *Udumbara* leaves, water and camphor powder.

Process of Drug-Making: Take one *maṇa* measure of *udumbara* leaves and wash them with water. Decoct these leaves along with water measuring four *maṇas* until its original quantity is reduced to one fourth. Sieve the reduced decoction with a piece of cloth. In order to make it thick, cook the decoction again. Remove it from stove when it becomes thick and sticks to spoon and pan. Place the compound in a *vāṣpayañtra* and cook it again. This type of cooking does not burn the compound and pills can be prepared easily out of it. When the compound does not stick to hands even after pressing by fingers, then only it should be removed from *vāṣpayañtra*. Subsequently, 60 gm. of camphor powder should be mixed to the compound.

Method of use/Administration: This medicine is used by dissolving in water.

Therapeutic benefits: This medicine is famous as *Udumbarasāra* and it is a *ropak* and checks *vraṇa*. It also cures *vātarakta*, *netrābhiṣayanda*, *netravraṇa* and the like. To know more about its properties, please see the book *Gūlarguṇavikās* published by Chaukhambha Sanskrit Series.

कज्जलिकोदयमलहरः (नाडीव्रणे) अ. भू.–

मधु सिक्थभवं तैलं वस्वब्धिमिततोलकम् । द्वितोलकमिता शुद्धा रसगन्धककज्जली ।।१८०।।
शुद्धमृद्दारुशृङ्गस्य दृक्तोलकमितं रजः । तद्वत्कम्पिल्लकस्यापि वसुसंमिततोलकम् ।।१८१।।
त्रिमाषकोन्मितं तुत्थं विशुद्धं चूर्णितं भिषक् । सर्वमेकत्र संगृह्य खल्वे संपिष्य यत्नतः ।।१८२।।
संमिश्रयेत्सिक्थतैले रक्षेत् तत्काचपात्रके । अयं मलहरः ख्यातो नाम्ना कज्जलिकोदयः ।।१८३।।
व्रणानां शोधकस्तद्वद् रोपकः परिकीर्त्तितः । नाडीव्रणेऽपि हितकृच्चानुभूतो भिषग्वरैः ।।१८४।।

180-184. Kajjalīkodaya Malahara:

Ingredients: Wax oil, *pārada*, *gandhaka*, purified *mṛiddāru śṛinga*, *kampillaka* and purified *tutthaka*.

Process of Drug-Making: Obtain wax oil measuring 576 ml., 24 gm. of *kajjalī* of *pārada* and *gandhaka*, 24 gm. of purified *mṛiddāru śṛinga*, 96 gm. of *kampillaka* and 3 gm. of purified *tutthaka*. Finely powder all these materials and thoroughly mix this powder in wax oil.

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Therapeutic benefits: This *Kajjalīkodaya Malahara* is helpful in curing *vraṇa* and is a *ropak*. It is also effective in curing *nāḍivraṇa*. The same has been experienced by physicians.

(A. Bhu.)

विस्फोटारिरसः (विस्फोटे क्षुद्ररोगे) र. सा. सं.–

गुडूचीनिम्बजैः क्वाथैः खदिरेन्द्रयवाम्बुना । कर्पूरत्रिसुगन्धिभ्यां युक्तं सूतं द्विवल्लकम् ।।१८५।।
विस्फोटं त्वरितं हन्याद्वायुर्जलधरानिव ।।१८६।।

185-186. Viśphoṭāri Rasa:

Ingredients: Camphor, cinnamon bark, cassia leaves, cardamom, *rasa sindūra*, decoction of *guḍūcī*, *neem* or *khadira* and *indrayava*.

Process of Drug-Making: Combine powders of camphor, cinnamon bark, cassia leaves and cardamom along with 500 mg. of *rasa sindūra*.

Note: camphor, cardamom, cinnamon bark and cassia leaves should be taken in measure of 62 mg. each.

Method of use/Administration: After consuming the powders, one should drink decoction of *guḍūcī*, *neem* or *khadira* and *indrayava*.

Therapeutic benefits: Such medication would give relief from *Viṣphoṭa*. The effect of this medicine is like wind in alleviating clouds. This medicine is very much useful in *kanḍu* disorder.

(Rasendra Sār Sangraha)

मसूरिकाहरवटी (मसूरिकायाम्) अ. भू.–

कण्टकारीशिफा ग्राह्या दशकर्षमिता तथा । तदर्द्धं मरिचं चैतद्द्वयं संचूर्णयेत्ततः ।।१८७।।
निम्बपत्ररसेनैकविंशतिर्भाविताः शुभाः । विधाय विधिवद् वैद्यो मरिचप्रमिता वटीः ।।१८८।।
प्रकल्प्य छायाशुष्कास्ताः काचकूप्यां निधापयेत् । मसूरिकाहरवटीनामिकाऽधिमसूरिकम् ।।१८९।।
एकां द्वे वाऽम्भसा वट्यौ सेवेत हितकाम्यया । इति प्राह भिषग्राजेश्वरदत्तः सुधीः स्वयम् ।।१९०।।

187-190. Masūrikāhara Vaṭī:

Ingredients: *Vyāghrī* roots, black pepper, juice of *nimba* leaves and *marica*.

Process of Drug-Making: Take 120 gm. of *vyāghrī* roots and 60 gm. of black pepper. Powder these materials. Impregnate the mix with juice of *nimba* leaves for 21 times and prepare pills similar to the size of *marica*. Dry these pills under shade and store them in bottle.

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Method of use/Administration: This *Masūrikāhara Vaṭī* is to be taken in doses of one to two pills along with water in cases of *masūrika*.

Therapeutic benefits: It checks *masūrikā*.

देवकुसुमादिवटी (उपदंशे वाजीकरणे च) अ. भू.–

देवकुसुममथमरिचंरसकर्पूरं चचन्दनं रक्तम् । काश्मीरं जातिफलं सर्वं समभागिकं नीत्वा ।।१९१।।
संचूर्ण्य खल्वमध्येनिम्बूकोत्थरसेनमर्दयेद्वैद्यः । पश्चाद्रक्त्युन्मानावटिकानिर्माप्ययत्नतो रक्षेत् ।।१९२।।
एषा लोकेप्रथितानाम्नादेवकुसुमादिवटी । उपदंशेऽपि च वाजीकरणेपरमा हिता वटी ज्ञेया ।।१९३।।
प्रातःसायं चैकां द्वे वावट्यौ समं तु दुग्धेन । यः खादेदनुदिवसं ससुखी स्याद्गीदी नियतम् ।।१९४।।

191-194. Devakusumādi Vaṭī:

Ingredients: Clove, *marica*, *rasa karpūra*, *rakta candana*, *kāśmir keśar*, *jātīphala* and juice of lemon.

Process of Drug-Making: Get equal parts of clove, *marica*, *rasa karpūra*, *rakta candana*, *kāśmir keśar* and *jātīphala*. Powder these materials and triturate them along with juice of lemon. Subsequently, prepare pills in measurement of 125 mg. each.

Method of use/Administration: This medicine is to be taken in doses of one to two pills during morning and evening hours along with milk to become disease free.

Therapeutic benefits: This *Devakusumādi Vaṭī* is very much effective in checking *upadamśa* and promotes aphrodisiac power.

दद्रुघ्नी वटी (दद्रुरोगे) अ. भू.–

गन्धकं टङ्कणं चैव पारसीकयवानिका । चन्द्रं सर्जरसं सर्वं समादाय विचूर्णयेत् ।।१९५।।
जलेन सह संमर्द्य चैकमाषमिता वटी । प्रकल्प छायाशुष्काश्च विधाय स्थापयेच्च ताः ।।१९६।।
दद्रुघ्नीं वटीं नाम दद्रुदर्पविनाशिनीम् । जलेन किंवा निम्बूकस्वरसेन विघृष्य च ।।१९७।।
दद्रुस्थाने तु तल्लेपो विधातव्यो भिषग्वरैः । श्रीराजेश्वरदत्तीयं मतमत्र प्रकाशितम् ।।१९८।।

195-198. Dadrughnī Vaṭī:

Ingredients: *Gandhaka*, *tañkaṇa* (borax), *pārasīka yamānī*, camphor, *sarja rasa* and water.

Process of Drug-Making: Take equal parts of *gandhaka*, *tañkaṇa* (borax), *pārasīka yamānī*, camphor and *sarja rasa*. Powder these materials and triturate them along with water. Dry the compound under shade and prepare pills in measurement of 1 gm. each.

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Method of use/Administration: This medicine should be rubbed with water or lemon juice and applied over affected parts.

Therapeutic benefits: This *dadrughnī vaṭī* effectively cures scabies. This is a proven medicine.

गन्धकद्रवः (पामारोगे) अ. भू.–

गन्धकं नवनीताह्वंसुधाचूर्णं पृथक् पृथक् । एकभागोन्मितं चाम्भो नीत्वा षोडशभागिकम् ।।१९९।।
संचूर्ण्य गन्धकं चापि सर्वमेकत्र कारयेत् । पाकं कृत्वा तु सर्वेषां ज्ञात्वा नारङ्गवर्णकम् ।।२००।।
अवतार्य च वस्त्रेण भिषक् तं परिशोधयेत् । पामादौ चर्मबिकृतौ नाम्नाऽसौ गन्धकद्रवः ।।२०१।।
लाभकृद्बहुशो दृष्टो भिषग्भिः परिशीलनात् । इति वैद्यकविद्राजेश्वरदत्तेन भाषितः ।।२०२।।

199-202. Gandhaka Drava:

Ingredients: *Gandhaka*, lime of stone (burning) and water.

Process of Drug-Making: Obtain 1 part each of *gandhaka* and lime of stone (burning) and 16 parts of water. First, pulverize *gandhaka* into powder and add into it lime and water. Cook this preparation. Sieve the preparation when it becomes orange in colour.

Therapeutic benefits: This *Gandhaka Drava* is helpful in checking skin diseases like *pāma*. This is a unique medicine.

पामारिलेपः (पामायाम्) अ. भू.–

पारदं गन्धकं तालं हिङ्गुलं च मनःशिलाम् । मृद्दारुशृङ्गं तुत्थं च वागुजीं मरिचं तथा ।।२०३।।
समभागेन संगृह्य श्लक्ष्णं संचूर्णयेद् भिषग् । ततश्चतुर्दशगुणे शतधौते घृते तु गोः ।।२०४।।
संमिश्र्य चूर्णं त्रिदिनं लौहखल्वे विमर्दयेत् । अयं पामारिलेपः स्यात् पामापहरणः परः ।।२०५।।
राजेश्वरेणानुभूतः कृपया संप्रकाशितः । पामामयाविनां वृन्दे वैद्यवन्द्येन शास्त्रिणा ।।२०६।।

203-206. Pāmāri Lepa:

Ingredients: *Pārada*, *gandhaka*, *haratāla*, *hiñgula*, *manahśilā*, *mṛiddāruśṛinga*, *tutthaka*, *vākucī*, black pepper and *śatadhauta* cow *ghṛitam*.

Process of Drug-Making: Take following fine powders in equal parts: *pārada*, *gandhaka*, *haratāla*, *hiñgula*, *manahśilā*, *mṛiddāruśṛinga*, *tutthaka*, *vākucī* and black pepper. Combine these powders and mix them in *śatadhauta* cow *ghṛitam* measuring 14 times greater. Pulverize the mix in an iron mortar for two consecutive days and store the compound.

Therapeutic benefits: This *Pāmārilepa* is very effective in checking *pāma* disorder.

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रसादिलेपः (पामायाम्) वै. जी.–

रसहिङ्गुलसिन्दूरं मरिचं द्विनिशे तथा । जीरको धवलश्चापि मेचको गन्धकः शिला ।।२०७।।
एषां पृथक् पृथक्चैकोभागो ग्राह्यो भिषग्वरैः । ततः संचूर्ण्य तत्सर्वं गोघृतेन विमिश्रयेत् ।।२०८।।
अयं रसादिलेपः स्यात् पामायां परमोत्तमः । इत्यनुभूतः श्रीराजेश्वरदत्तैर्भृशं स्वयम् ।।२०९।।

207-209. Rasādi Lepa:

Ingredients: Powders of *pārada*, *hiñgula*, *sindūra*, *marica*, *dāru haridrā*, *haridrā*, white cumin seeds, black cumin seeds, *gandhaka*, *manahśilā* and cow *ghṛitam*.

Process of Drug-Making: Get powders measuring 1 part each of *pārada*, *hiñgula*, *sindūra*, *marica*, *dāru haridrā*, *haridrā*, white cumin seeds, black cumin seeds, *gandhaka* and *manahśilā*. Mix these powders into cow *ghṛitam* and store the recipe.

Therapeutic benefits: This *Rasādi Lepa* provides specific relief in *pāma* disorder. This is a great medicine.

(*Vaidya Jīvan*)

कासीसबद्धरसः (कुष्ठे) र. र. स.–

पलं रसं हि कासीसैर्युतं पञ्चगुणैः सह । मर्दयेद्यामपर्यन्तमर्जुनस्य त्वचो रसैः ।।२१०।।
शरावसंपुटे रुध्वा पुटेत्क्रोडपुटेन हि । रसः कासीसबद्धोऽयं मधुना वल्लतुल्यकः ।।२११।।
शाणवाकुचिकायुक्तः सेवितोहन्ति निश्चितम् । त्रिभिर्मासैः किलासं हि दद्रूण्यपि विशेषतः ।।२१२।।

210-212. Kāsīsbaddha Rasa:

Ingredients: Purified *pārada bhasma* or *rasa sindūra*, purified *kāsīsa* and decoction or juice of *arjun*'s bark.

Process of Drug-Making: Obtain 48 gm. measure of purified *pārada bhasma* or *rasa sindūra* and triturate it along with 240 gm. of purified *kāśīśa* for one whole day. Subsequently, triturate the compound again with decoction or juice of *arjun*'s bark for three hours. Later, collect the compound in a *śarāva saṁpuṭa* and cook the same according *vārāhapuṭa* method. When the *saṁpuṭa* gets cool on its own, remove the compound and finely ground it. Store the compound in a glass bottle. This medicine is known as *Kāśiśbadha Raṣa*.

Method of use/Administration: This medicine is to be taken in doses of one *valla* (375 mg.) along with one *śāṇa* (4 gm.) of *vākucī* powder and honey for three months.

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Therapeutic benefits: Consumption of this medicine according to the prescribed way would give relief from *kilāsa* named *kuṣṭha* disorder and *dadruroga*.

(*Ra. Ra. Sa.*)

श्वित्रहरलेपः (श्वित्रकुष्ठे) अ. भू.–

निशा तथाऽर्कमूलत्वग् वागुजी समभागिका । एतत्सर्वं समादाय श्लक्ष्णं चूर्णं विधाय च ।।२१३।।
वाससा शोधितं कार्यं रक्षेत् तत्काचपात्रके । अयं श्वित्रहरो लेपः श्वित्रनाशन उत्तमः ।।२१४।।
गोमूत्रेणाथवा शुक्तेनेक्षुजेन भिषग्जनः । संपिष्यामुं ततो लिम्पेच्छ्वित्रस्थानं समन्ततः ।।२१५।।
लेपावतारणान्ते च यदि स्याद् दाहसंभवः । तदा तु तन्निवृत्त्यर्थं तैलं तुवरकादिकम् ।।२१६।।
उत्तमं परमं ज्ञेयमायुर्वेदबृहस्पतिः । इत्याह कृपया राजेश्वरदत्तोऽनुभूय हि ।।२१७।।

213-217. Śvitrāhara Lepa:

Ingredients: *Haridrā*, bark of *arka*'s root, *vākucī* and cow urine or sugarcane's juice.

Process of Drug-Making: Take powders in equal parts of *haridrā*, bark of *arka*'s root and *vākucī*. Combine these materials and sieve them through a piece of cloth. Store the sieved mix in a bottle.

Method of use/Administration: This *Śvitrāhara Lepa* is best in its kind. Ground this mix in cow urine or sugarcane's juice and apply the *kalka* methodologically on *Śvitra* affected parts. While removing the *kalka*, if there is burning sensation, one should massage the affected part with *tuvarkādi* oil. This is a proven medicine.

Therapeutic benefits: It cures *śvitra*.

(*A. Bhu.*)

सारिवादि कषायः (रक्तशुद्धौ)–

सारिवा चोपचीनी च गुडूची निम्बजा त्वचा । मुण्डी च कटुका रक्तचन्दनं च हरीतकी ।।२१८।।
उसवैतत् समं ग्राह्यं तुल्यभागिकमुत्तमम् । संक्षुद्य सर्वमेकत्र रक्षेत्तद्रक्तशोधकम् ।।२१९।।
द्वितोलकमितं तस्माद् गृहीत्वा निर्मलेऽम्भसि । प्रक्षिप्य षोडशगुणे पाचयेत्क्वाथकोविदः ।।२२०।।
अष्टमांशावशेषं तं ज्ञात्वा चैवावतारयेत् । वाससा शोधितं कृत्वा मधुनाऽनुपिबेद् गदी ।।२२१।।
अयं हि सारिवाद्याह्वः कषायो रक्तशुद्धिकृत् । कोष्ठशुद्धिकरश्चापि कथितो वैद्यसत्तमैः ।।२२२।।

218-222. Sārivādi Kāṣāya:

Ingredients: *Sarivā*, *copacīnī*, *guḍūcī*, bark of *nimba*, *munḍī*, *kaṭuka*, red sandalwood, *harītakī*, *usavā* and water.

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Process of Drug-Making: Get equal parts of *sarivā*, *copacīnī*, *guḍūcī*, bark of *nimba*, *munḍī*, *kaṭuka*, red sandalwood, *harītakī* and *usavā*. Thickly ground these materials into a powder. This medicine is a special blood purifier and purifies stomach as well. Take 24 gm. of this mix and decoct it in water measuring 384 ml. until its original quantity is reduced to one eighth.

Method of use/Administration: One should take honey as *anupāna*.

Therapeutic benefits: Physicians use this medicine as a blood purifier.

सूतशेखररसः (अम्लपित्ते) सारसंग्रहे–

शुद्धसूतं मृतं स्वर्णं टङ्कणं वत्सनाभकम् । व्योषमुन्मत्तबीजं च गन्धकं ताम्रभस्मकम् ।।२२३।।
चातुर्जातं शङ्खभस्म बिल्वमज्जा कचोरकम् । सर्वं समं क्षिपेत्खल्ले मर्द्यं भृङ्गरसैर्दिनम् ।।२२४।।
गुञ्जामात्रां वटीं कृत्वा भक्षयेन्मधुसर्पिषा । रसोऽयमम्लपित्तघ्नो वान्तिशूलामयापहः ।।२२५।।
हन्ति गुल्मान् पञ्च कासान् ग्रहण्यामयनाशनः । त्रिदोषोत्थातिसारघ्नः श्वासमन्दाग्निनाशनः ।।२२६।।
उदावर्त्तोग्रहिक्काघ्नो दाहयाप्यगदापहः । मण्डलान्नात्र संदेहः सर्वरोगहरः परः ।।२२७।।
राजयक्ष्महरः साक्षाद्रोऽयं सूतशेखरः । कैश्चिद्वैद्यैःपित्तभञ्जी नाम्नाऽपि च निगद्यते ।।२२८।।

223-228. Sūtaśekhara Rasa:

Ingredients: Purified *pārada*, *svarṇa bhasma*, baked borax, purified *vatsanābha*, purified *dhatūra* seeds, purified *gandhaka*, *tāmra bhasma*, cinnamon bark, smaller cardamom, cassia leaves, *nāgakeśar*, *śankha bhasma*, pulp of *bilva*, *karcūra* and juice of *bhṛingarāja*.

Process of Drug-Making: Obtain equal parts of the following: purified *pārada*, *svarṇa bhasma*, baked borax, purified *vatsanābha*, purified *dhatūra* seeds, purified *gandhaka*, *tāmra bhasma*, cinnamon bark, smaller cardamom, cassia leaves, *nāgakeśar*, *śankha bhasma*, pulp of *bilva* and *karcūra*. Prepare *kajjalī* out of *pārada* and *gandhaka* and mix rest of the materials into it in fine powdered form. Impregnate the preparation with juice of *bhṛingarāja* for one day and prepare pills measuring 125 mg. each.

Method of use/Administration: Consume this medicine in doses of one pill each along with honey and *ghṛitam*.

Therapeutic benefits: This medicine helps in checking *āmlapitta*, *vamana*, *śūla*, five types of *gulma*, five types of *kāsa* (coughs), *grahaṇī*, *tridoṣajātisāra*, *śvāsa*, *mandāgni*, severe hiccoughs, *udāvarta*, burning sensation, *yāpya roga* and *rājayakṣmā*. This *Sūtaśekhara Rasa* alleviates all these diseases in such a short time as one *manḍal*. Some physicians also call this medicine as *Pittabhanjī*.

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दन्तपूयहरमञ्जनम् (दन्तपूये) अ. भू.–

आकारकरभं तद्वच्चोरकं चन्द्रसंज्ञकम् । कुष्ठं चाश्ववचा चैतत् समस्तं तुल्यभागिकम् ।।२२९।।
भल्लातकत्रिफलयोर्भस्मान्तर्धूमसंभवम् । मिलिताखिलचूर्णेभ्यो ग्रहीतव्यं च षड्गुणम् ।।२३०।।
एतत् सर्वं च संमिश्र्य स्थापयेत काचपात्रके । दन्तपूयामये सद्यो लाभकृद् मञ्जनादिदम् ।।२३१।।
दन्तपूयहरं नाम मञ्जनं भिषजां मतम् । प्रत्यहं प्रातरपि च क्षपाभोजनतः परम् ।।२३२।।
दन्तमञ्जनमर्हं स्याद् भोजनात्प्रागपि क्वचित् । श्रीराजेश्वरदत्तस्य मतेनेदं प्रकाशितम् ।।२३३।।

229-233. Dantapūyahara Mañjanam:

Ingredients: *Ākārakarabha*, *coraka*, camphor, *kuṣṭha*, *aśva vacā*, powders of *bhallātaka* and *triphalā bhasma*.

Process of Drug-Making: Get equal parts (12 gm. each) of *ākārakarabha*, *coraka*, camphor, *kuṣṭha* and *aśva vacā*. Also take fine powders of *bhallātaka* and *triphalā bhasma* measuring six times greater (i.e. 360 gm.). Combine both these powders along with other materials. Make them into fine powder and store it in glass bottle.

Method of use/Administration: This medicine should be rubbed on tooth after taking after noon and evening meals. Apart from this, on rare occasions it should be applied before taking meals for more efficacies.

Therapeutic benefits: This *Dantapuyāhara Mañjanam* is very effective in *dantapūya* disorder. This is a proven medicine.

दन्तशूलहरमञ्जनम् (दन्तक्रिमिरोगे दन्तशूले च) अ. भू.–

स्फटिका कटुतुम्ब्याःसद्भस्मचापि बृहत्कणा । भल्लातकफलस्यापि भस्मान्तर्धूमसंभवम् ।।२३४।।
एकैकं तोलकं ग्राह्यं सर्वमेतत्पृथक् पृथक् । तमाखुपत्रजरजः सैन्धवं मरिचं तथा ।।२३५।।
वातादत्वग्भवं भस्मक्रामुकंभस्म शोभनम् । परिदग्धा चमृच्चुल्ल्याःप्रत्येकं च द्वितोलकम् ।।२३६।।
एतत्सर्वं समादाय श्लक्ष्णं संचूर्ण्य यत्नतः । रक्षेदिदं दन्तशूलहरमञ्जनमुत्तमम् ।।२३७।।
दन्तक्रिमिगदे दन्तशूलेऽनुपमलाभकृत् । अनुभूतं तथा राजेश्वरदत्तभिषग्वरैः ।।२३८।।

234-238. Dantaśūlahara Mañjanam:

Ingredients: Alum, *bhasma* of bitter *tumbī*, bigger *pippalī*, *antardhūma bhasma* of *bhallātaka* fruit, tobacco leaves, rock salt, black pepper, *bhasma* of almond fruit's peel and *bhasma* of betel nut.

Process of Drug-Making: Obtain the following powders: 12 gm. each of alum, *bhasma* of bitter *tumbī*, bigger *pippalī*, *antardhūma bhasma* of *bhallātaka* fruit, 24 gm. of tobacco leaves, 24 gm. each of rock salt, black pepper, *bhasma* of

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almond fruit's peel, *bhasma* of betel nut and burnt mud of a stove. Ground all these materials together into a fine powder.

Therapeutic benefits: This *Dantaśūlahara Mañjanam* checks teeth germs and toothache. This is a unique medicine.

फुल्लिकाद्रवः (अभिष्यन्दे नेत्ररोगे) अ. भू.–

परिस्रुतजलं शुद्धं सार्द्धसेटकसंमितम् । विशुद्धं स्फटिकाचूर्णं सैन्धवं च सितोपलाम् ।।२३९।।
पृथक् संगृह्य तत्सर्वं चतुस्तोलकसंमितम् । संचूर्ण्य मिश्रयेत् सार्धं परिस्रुतजलेन हि ।।२४०।।
संशोध्य गाढवस्त्रेण काचकूप्यां निधापयेत् । अर्केण शतपुष्पायाः शतपत्रीभवेन वा ।।२४१।।
सह संमिश्रणं चेत् स्यात्तदाधिकगुणावहम् । फुल्लिकाद्रवनामेदं नेत्राभिष्यन्दिनां कृते ।।२४२।।
भैषज्यं हितकृन्नित्यं पातनाद्बिन्दुशोऽधिदृक् । नेत्रं भजति नैर्मल्यं नेत्रामयभयोज्झितम् ।।२४३।।
द्विवारं वा त्रिवारं वा मात्रां बिन्दुद्वयोन्मिताम् । प्रत्यहं संप्रयोज्यास्य सुखी भवति मानवः ।।२४४।।

239-244. Phullikādrava:

Ingredients: *Parsruta* water, purified alum, rock salt and raw sugar.

Process of Drug-Making: Get *parsruta* water measuring 1.50 kg. (approx.), purified alum, rock salt and raw sugar measuring 48 gm. each. Ground them into a fine powder and triturate their mix along with the *parsruta* water. Sieve the liquid with a thick piece of cloth and store it. If the same were prepared with rose water or *arka* of aniseeds, it would be more effective.

Method of use/Administration: Dosage – two drops twice or thrice in a day.

Therapeutic benefits: This *phullikādrava* is a famous medicine for *netrābhiṣayanda* disorder. It provides relief from *netrābhiṣayanda*. If the same were daily dropped in eyes, it would keep the eyes clean and free from the eye diseases.

नेत्रबिन्दुः (नेत्ररोगे) अ. भू.–

षण्माषकं तु कर्पूरं फणिफेनं द्वितोलकम् । रसाञ्जनं समादेयं वसुतोलकसंमितम् ।।२४५।।
सार्धैकसेटकमितः शतपत्र्यर्क उत्तमः । ततो रसाञ्जनं चाहिफेनं संमर्द्य यत्नतः ।।२४६।।
शतपत्र्यर्केण संमिश्र्य वाससा परिशोधयेत् । काचकूप्यां पिधायास्यं तद्रक्षेद्भिषजां पतिः ।।२४७।।
एष संगदितो नेत्रबिन्दुर्नेत्ररुजापहः । नेत्राभिष्यन्दगदिनां परमानन्ददायकः ।।२४८।।
श्रीराजेश्वरदत्तेन वैद्यराजेन भाषितः । मोदयेद्बिन्दुशो नेत्रे गदिनो ननु पातितः ।।२४९।।

245-249. Netrabindu:

Ingredients: Camphor, *ahiphena*, *rasāñjana* and rosewater.

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Process of Drug-Making: Obtain the following: 6 gm. of camphor, 24 gm. of *ahiphena*, 96 gm. of *rasāñjana* and 1.50 litre (approx.) of rosewater. First, methodologically combine *rasāñjana* and opium and triturate them together. Later, dissolve the materials in rosewater and sieve the same with a piece of cloth. Store the liquid in glass bottle.

Method of use/Administration: This should be used as eye drop.

Therapeutic benefits: This *Netrabindu* provides great relief in *netrabhiṣyanda*. It alleviates pain and provides comfort to eyes.

क्षतशुक्लहरो गुग्गुलुः (शुक्ले काचे च नेत्ररोगे) र. सा. सं.–

अयःसयष्टीत्रिफलाकणानांचूर्णानि तुल्यानि पुरेण नित्यम् ।
सर्पिर्मधुभ्यां सह भक्षितानि शुक्लानि काचानि निहन्ति शीघ्रम् ।।२५०।।

250. Take the following powders in equal parts: *lauha*, *madhuka*, *haraḍa*, *vibhītaka*, *āmalakī* and *pippalī*. Combine all these powders and add to it *guggulu* equivalent to their combined weight. This medicine is to be taken along with *ghṛitam* and honey. It checks disorders of semen and the *kācaroga*.

Dosage – Upto 1000 mg.

(*Rasendra Sār Sangraha*)

तिमिरहरलौहम् (नेत्ररोगे) र. सा. सं.–

त्रिफलापद्मयष्ट्याह्वयुक्तं सायं निषेवितम् । लौहं तिमिरकं हन्ति सुधांशुस्तिमिरं यथा ।।२५१।।

251. Timiṛihara Lauham:

Ingredients: *Haraḍa*, *vibhītaka*, *āmalakī*, *padma*, *madhuka* and *lauha bhasma*.

Process of Drug-Making: Take equal parts of *haraḍa*, *vibhītaka*, *āmalakī*, *padma* and *madhuka*. Ground these materials together and add to it *lauha bhasma* equivalent to their combined weight.

Method of use/Administration: The medicine should be taken in adequate doses during evening hours.

Therapeutic benefits: It checks *timir roga* as effectively as moon checks the darkness.

(*Rasendra Sār Sangraha*)

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नयनामृताञ्जनम् (नेत्ररोगे) अ. भू.–

विशुद्धं नरसारं च तथाऽब्धिकफ उत्तमः । शोरकं कलमीसंज्ञं सिता प्राक्तनरीतिजा ।।२५२।।
बीजं पलाशजं तद्वच्छिरीषस्यासितस्य च । विशुद्धं टङ्कणं ग्राह्यं प्रत्येकं तोलकद्वयम् ।।२५३।।
ममीरानामकं ग्राह्यमञ्जनं चैकतोलकम् । षण्माषसम्मिता मुक्ताः संग्राह्या भिषजां वरैः ।।२५४।।
अञ्जनं शुद्धमादेयं विंशतिस्तोलकानि तु । विचूर्णितमिदं सर्वं खल्ले संस्थाप्य यत्नतः ।।२५५।।
सम्मर्द्य शतपत्रीजेनार्केणावेद्यथाविधि । इदं ख्यातं तु नयनामृताञ्जनमनुत्तमम् ।।२५६।।
परीक्ष्य फलदं दृष्टं नेत्ररोगे निरन्तरम् । इत्युक्तं भिषजा राजेश्वरदत्तेन धीमता ।।२५७।।

252-257. Nayanāmṛitāñjanam:

Ingredients: Purified *narasādara*, *phenaka*, *śorakam*, raw sugar, *palāś* seeds, seeds of black *śirīṣ*, purified *tañkan*, *mamīrā*, *muktā*, collyrium and rosewater.

Process of Drug-Making: Take 24 gm. each of purified *narasādara*, *phenaka*, *śorakam*, raw sugar, *palāś* seeds, seeds of black *śirīṣ* and purified *tañkan* along with 12 gm. of *mamīrā*, 6 gm. of *muktā* and 240 gm. of collyrium. Combine all these powders and triturate in rosewater. The compound thus obtained is known as *Nayanāmṛitāñjanam*.

Therapeutic benefits: It is a tested medicine and it specifically provides relief in eye diseases.

रसपुष्पादिमलहरः (फिरङ्गजव्रणे) अ. भू.–

गुञ्जाचतुष्टयं नीत्वा रसपुष्पमनुत्तमम् । तोलकोन्मितसिक्थोत्थतैले सम्मिश्र्य युक्तितः ।।२५८।।
काचकूप्यां तु तद्रक्षेद् भैषज्यं विदुषां वरः । अयं मलहरो नाम्ना रसपुष्पादिकः श्रुतः ।।२५९।।
फिरङ्गजे व्रणे साधुः बहुशोऽत्र परीक्षितः । इति प्राह भिषग्राजेश्वरदत्तो दयार्द्रहृद् ।।२६०।।

248-260. Rasapuṣpādi Malahara:

Ingredients: *Rasapuṣpa* and wax oil.

Process of Drug-Making: Take 500 mg. of *Rasapuṣpa* and thoroughly mix it into wax oil. Fill the mix in a bottle having a wide mouth.

Therapeutic benefits: This *Rasapuṣpādi Malahara* provides great relief in *phirañgaja vraṇa* and is a unique medicine.

गोरोचनादि वटी (योषापतन्त्रके)

गोरोचना जटाऽश्वत्थसम्भवा तु पृथक् पृथक् । रुद्रमाषमिता ग्राह्य तथा कस्तूरिका शुभा ।।२६१।।
रसगुञ्जाधिकद्गुन्मितमाषकसम्मिता । कश्मीरजं कुङ्कुमं तु भूमिसम्मितमाषकम् ।।२६२।।
एषां चूर्णं तु संगृह्य नागवल्लीदलाम्भसा । सम्मर्द्य मुद्गप्रमिता वट्यः कार्या भिषग्वरैः ।।२६३।।
इयं गोरोचनाद्याह्वा वटी योषाऽपतन्त्रके । सदैव लाभकृत्प्रोक्ता बल्याऽपि च विशेषतः ।।२६४।।

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एका वा द्वे तु वटिके सेव्याऽस्याःसर्वदाऽम्भसा । बहुदृष्टफलालोकेऽनुभूता नात्र संशयः ।।२६५।।

261-265. Gorocanādi Vaṭī:

Ingredients: Adventitious roots of *gorocana* and banyan tree, *kastūrī*, *kāśmīr kesar* and juice of *nāgavallī* leaves.

Process of Drug-Making: Get adventitious roots of *gorocana* and banyan tree measuring 11 gm. each, 2 gm. and 750 mg. of *kastūrī* and 1 gm. of *kāśmīr kesar*. Triturate all these powders together along with juice of *nāgavallī* leaves. Subsequently, prepare pills similar to the size of *pravāla*.

Method of use/Administration: This medicine is to be taken in doses of one to two pills along with water.

Therapeutic benefits: This *Gorocanādi Vaṭī* is always useful in cases of hysteria. It also provides strength to body. This is undoubtedly a unique medicine.

प्रतापलङ्केश्वररसः (सूतिकारोगे)–

एकेन्दुचन्द्रानलवार्धिकाष्ठाक्लैकभागैः क्रमशो विमिश्रम् ।
सूताभ्रगन्धोषणलोहशङ्खवन्योत्पलाभस्म विषं सुपिष्टम् ।।२६६।।
प्रसूतिचापानिलदन्तबन्धमार्द्राम्बुना घोरसुसंनिपातान् ।
पुरामृताऽऽर्द्रत्रिफलायुतोऽयंगुदाङ्कुरान् वल्लमितो निहन्ति ।।२६७।।
निजानुपानैर्निजपथ्ययुक्त्या सर्वातिसारग्रहणीगदांश्च ।
प्रतापलङ्केश्वरनामधेयः सूतोऽयमुक्तो गिरिराजपुत्र्या ।।२६८।।

266-268. Pratāpalankeḳṣvara Rasa:

Ingredients: Purified *pārada*, *abhraka bhasma*, purified *gandhaka*, *marica*, *lauha bhasma*, *śankha bhasma*, *bhasma* of wild reeds and purified *vatsanābha viṣa*.

Process of Drug-Making: Obtain the following: 1 part each of purified *pārada*, *abhraka bhasma* and purified *gandhaka*, three parts of *marica*, four parts of *lauha bhasma*, eight parts of *śankha bhasma*, 16 parts of *bhasma* of wild reeds and 1 part of purified *vatsanābha viṣa*. First prepare *kajjalī* out of *pārada* and *gandhaka* and mix rest of the materials into it after finely grounding them. Further triturate the mix thoroughly for two to three days.

Method of use/ Administration and Therapeutic benefits: This medicine is to be taken in doses of 375 mg. along with ginger juice to get relief from *prasūti vāta*, *dhanurvāta*, *dantabandha* and severe *sannipāta* cases. If the same were given along with purified *guggulu*, *guḍūcī*, ginger and *triphalā* it would cure piles.

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If proper *anupānas* and proper diet is maintained, it could cure all types of *atisāra* and *grahaṇī* related disorders. This *Pratāpalankeśvara Rasa* has been propounded by Goddess Pārvatī Jī.

उशीरादिपानकः (अंशुघाते) अ. भू.–

त्रिमाषकमुशीरं चामलकी रसमाषिकी । श्वेतचन्दनपङ्कः स्यात्तोलकैकप्रमाणकः ।।२६९।।
सूक्ष्मैलाबीजचूर्णं च चतुर्गुञ्जोन्मितं शुभम् । घनसारश्चैकगुञ्जो द्वितोलकमिता सिता ।।२७०।।
कुडवोन्मितनीरेण सर्वमेकत्र पेषयेत् । विधाय वस्त्रपूतं च पाययेदंशुघातिनम् ।।२७१।।
अंशुघातोत्थितार्त्तिस्तु तेन शाम्यति तत्क्षणात् । वैद्यराजेश्वरैरेतदनुभूतं विशेषतः ।।२७२।।

261-272. Take 3 gm. of *uṣīra*, 6 gm. of *āmalakī*, 12 gm. of the mud of white sandalwood, 500 mg. of smaller cardamom seeds, 125 mg. of camphor and 24 gm. of raw sugar. Ground all these materials together with water. Dissolve the compound in one quarter measure of water and sieve it. This should be served to patients of *anśughāta*. It cures all the disorders caused out of *anśughāta*. This a special medicine.

आकारकरभं सूर्यभागिकं भस्म चायसम् ।।२७३।।
मकरध्वजसंज्ञो हि रसः साधुविनिर्मितः । शुद्धं कुपीलुबीजं च प्रत्येकं त्वेकभागिकम् ।।२७४।।
एकभागाष्टमांशं च भस्म सौवर्णमुत्तमम् । सर्वमेकत्र संमर्द्य चतुर्गुञ्जोन्मितं तु तद् ।।२७५।।
नागवल्लीदलरसैरपि क्षौद्रसमन्वितैः । प्रयोजयेद्वैद्यवरो रसमेतमनुत्तमम् ।।२७६।।
बृहन्मकरमुष्ट्याह्व बल्यं षाण्ढ्यविनाशकम् । स्नायुदौर्बल्यहरणं परीक्षितमनेकधा ।।२७७।।
शास्त्रिराजेश्वरैरत्र लोकोपकृतिहेतवे । प्रकाशितस्त्वसौ योगः सद्यः प्रत्ययकारकः ।।२७८।।

273-278. Bṛihanmakarmuṣṭi Rasa:

Ingredients: *Akarkarā*, *lauha bhasma*, best *makardhvaja* juice, purified *kucilā* seeds and *svarṇa bhasma*.

Process of Drug-Making: Obtain 12 parts of *akarkarā*, 1 part each of *lauha bhasma*, best *makardhvaja* juice, purified *kucilā* seeds and one eight part of *svarṇa bhasma*. Combine all these materials and triturate them together. Prepare pills measuring 125 mg. each.

Method of use/Administration: Consume this medicine along with honey.

Therapeutic benefits: This *Bṛihanmakarmuṣṭi Rasa* provides strength to body and cures sexual problems. It also checks weakness of *snāyu*. Physicians have tested this medicine and it immediately wins the confidence of patients with its extra ordinary properties. This medicine has been published for the welfare of mankind.

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वसालेपयोगः (ध्वजभङ्गे) अ. भू.–

समभागेन संगृह्य वसां शूकरसम्भवाम् । मधु चापि द्वयं यत्नात्साधु सम्मिश्रयेद् भिषक् ।।२७९।।
अयं वसालेपयोगो ध्वजभङ्गे हितावहः । प्रलेपात्सुभिषग्राजेश्वरदत्तपरीक्षितः ।।२८०।।

279-280. Take 1 part of *śūkarvasā* (skin of pig) and 1 part of honey. Mix them thoroughly and store the compound. This *vasālepayoga* should be used for massaging. This helps in curing *dhavajabhanga* disorder. It is a tested measure.

इति भैषज्यरत्नावलीपरिशिष्टे 'विद्योतिनी' नामिकायांभाषाटीकायामनुभूतयोगप्रकरणम् ।।३।।
इत्थं भैषज्यरत्नावल्यभीष्टं भिषजां सदा । समापि परिशिष्टं सद् ब्रह्मशंकरशास्त्रिणा ।।

End of the Appendix to Bhaiṣajya Ratnāvalī with Commentary

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Glossary

Abda Mustā - See ***Mustā***, a medicinal plant.

Abhakta canda- A type of anorexia in which a person does not like even the desirable food as a result of anger, fear, etc.

Abhayā - The term literally meaning 'safe'; 'not causing any fear'. A well-known synonym for the herb ***Harītakī***. Myroblan; Chebulic Myrobalan.

Abhicāra- Inficting evil effects on a person through black -magic or exorcism.

Abhicārika kṛiyā – Sorcery.

Abhighāta- Stringing or inflicting injury.

Abhighātaja- Caused by external injury.

Abhimukh - Dorsal position. Lieing on back with one pillow under the head.

Abhiṣanga 1 - Fermentation.

Abhiṣanga 2- Fever caused by the affliction of evil spirits.

Abhiṣavaraja - Kind of beverages.

Abhiṣyanda - A type of eye-disease, known as conjunctives.

Abhiṣyandi - Which obstruct channels of circulation by causing increase in the ***kapha*** and feeling of heaviness of the body.

Abhraka – Mica.

Abhrapuṣpa - Camomile plant.

Abhyandarayāma- A type of ***vātika*** disease in which the body bends to the front side.

Abhyanga - 1. Anointing oil and massage. 2. Anointing the body.

Abhyañjana - See ***abhyanga***.

Abhyañtara - Internal.

Abhyañtarayāma- Internal abscess.

Abi - Lead.

Acuka - Indian Mulberry. Morinda Citrifolia, Linn.

Aḍuṣā - Adhatoda vasica, a herb.

Adaruśah - Malabar nut. Adenanthera Vasika.

Adhah kṣipta - Downward dislocation of joint.

Adhamargava - The plant Achyranthes Aspera.

Adhidanta - Name of a tooth-disease characterized by appearance of extra teeth.

Adhijihvā - 1. Uvula. 2. Swelling of the tongue or epiglottis.

Adhijihvāvikā - Name of a mouth-disease characterized by the swelling over the tongue.

Adhimāmsarma - Name of an eye-disease characterized by the appearance of a layer over the scleral.

Adhimantha 1 - Great irritation of the eyes, severe opthalmia.

Adhimantha 2 - Name of a disease in which a number of pimples come out of the centre of the penis.

Adhiśṭhāna - Location of the disease. It may be either the ***dhātus*** (tissue elements) or ***srotamsi*** (channels of circulation).

Adhivāsit- Soaked.

Adhivṛikka Granthi - Adrenal glands. These are small triangular glands situated above the kidneys. ***Adhivṛikka Granthi*** has two parts, outer cortex and inner medulla.

Adho Dhamanī - Downward arteries/nerves.

Adho-bhakta - A dose of medicine to be taken after eating.

Adhoga (āmla pitta) - Gastritis moving downward.

Adhohanu - Mandible.

Adhovāta nirodhajanya - Caused by retention of fart.

Adhrusa - Name of a palate-disease characterized by soft and red swelling.

Adhyasana- Intake of second meal immediately after the first meal.

Adravya Rūpa- Therapies are generally classified into two categories viz, ***adravya rūpa*** (those no material

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basis) and ***dravya rūpa*** (those having material basis).

Adrija - See ***Śilājātu.***

Advapidā - A variety of ***Nasya*** (inhalation) therapy which is administered for the elimination ***doṣas*** from the head.

Agada - 1. A medicine. 2. Free from diseases. 3. Healthy.

Agadankar - 1. Curative. 2. A physician.

Agada-tañtra - Toxicology.

Agamya- With whom sexual intercourse is prohibited according to scriptures.

Aganikāsṭha - Agallochum (***Humād***). Kind of scented wood.

Agasti - Agasti Grandiflora. A plant species.

Agastya - A herbal plant.

Agastya - Sesbania grandiflora, a medicinal plant.

Agati - Syn. of ***samprāpti*** (pathogenesis).

Aghata - Rough Chaff tree; Prickly chaff–flower. Achyranthes Aspera, Linn.

Aghruṣa - Palatitis.

Aginmantha - Clerodendron Phlomoides, Linn.

Agni - Digestive power. Enzymes responsible for digestion and metabolism in the body. ***Agni (dahana) ślākā*** - Rod for branding, a surgical instrument.

Agni- Enzymes responsible for digestion and metabolism.

Agni graha - Suppression of the power of digestion.

Agni karma - Cauterization.

Agni māndaya- Diminished power of enzymes responsible for digestion and metabolism.

Agni rohiṇī - A serious type of disease characterized by vesicular eruptions in axilla.

Agni Śikha - Gloriosa Superba (a plant species).

Agni ṣada- Syn. ***agni māndya.***

Agni visarpa - Syn. of ***āgneya visarpa.***

Agni/dāha karma - Thermal cauterization, burning by use of fire.

Agnidagdha - Injury caused with the contact of excessive heat is known as ***Agnidagdha***. According to the degree of the injury, Ayurveda classifies burns into four groups viz. ***Pluṣṭa***, ***Durdagdha***, ***Samyagdagdha*** and ***Atidagdha***.

Agnidīpana - Promoter of digestive power. Stomachic.

Agnigarbha - Ammannia Baccifera, Linn. A plant species.

Agnijara - Amber, Ambergris.

Agnijvāla - Woodfordia Floribunda, Salisb. A plant species.

Agnikhaḍa - An infernal pan or stone.

Agnimāndya - Deficient digestive power. Dyspepsia.

Agnimantha - Premna integrifolia, a medicinal plant.

Agnimat - One having a good digestion.

Agnimukhī - Marking nut Tree. Semecarpus Anacardium, Linn.

Agniśikhā 1- Ceylon Leadwort. White Leadwort. Plumrago Zeylanica, Linn. A plant species.

Agniśikhā 2 - Superb Lily. Gloriosa Superba, Linn. A plant species.

Agnisara - A medicine for eyes, a collyrium.

Agnivardhaka - Promoting digestion.

Agnivardhana 1 - Bishop's weed. Lovage. Ajawa Seeds.

Agnivardhana 2 - The meal and drug that promotes appetite.

Agnyāśaya - Pancreas.

Agnyāśaya - Small intestine including duodenum. Often denotes Pancreas.

Agra vakra- A metallic rod with a curved top. Surgical equipment for the removal of stone.

Agraparva-grahya - A unit of measurement equal to the quantity (of powder) to be held between first phalange of index finger and thumb.

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Agravaktrā - A surgical instrument.

Agropaharṇīya- Preparatory measures. Drugs equipments etc, required to be kept in the operation theatre before operation.

Aguru - Fragrant aloe tree; a kind of black sandal. The term literally meaning 'not heavy', referring to the very lightweight of its crude drug material.

Ahalīva - Cress. Common or Water–cress. Lepidium Sativum, Linn. A plant species.

Ahigandha - Indian birthwort. Aristolochia Indica.

Ahilaykhan - Mukia Scabrella Arn.

Ahiphena - **Opium.**

Ahiphena - Opium. Papaver somniferum. White Poppy. Poppy Seeds.

Ahipūtanā - Due to lack of cleanliness itching occurs around the anus of babies. It may lead to formation of rashes or weeping pimples with itching. This indisposition is known as ***Ahipūtanā***.

Ahorātra - A unit of time. One day and night together.

Aidhabhada - **Hemi crania.**

Ailā - Cardamom. Also spelt as ***Elā***.

Aina - An animal (deer type).

Aiṣaṇi - Sharp probe.

Aiṣana - Pursuit.

Ajā - Goat.

Ajā - The she-Goat.

Ajā/Ajā lenḍa - Goat pallets.

Ajā/Ajā tanuja - Body-hair of goat.

Ajādanḍi -Lamprachaenium Microcephalum, Benth.

Ajājī - Cumin seed. Synonym for ***Jīraka***. Cuminum Cyminum.

Ajākā 1 - Name of an eye-disease in which growth appears in the cornea of the eyes.

Ajākā 2 - A plant. Ocimum Album.

Ajāśṛīngī - The shrub Odina Wodier.

Ajātodaka - Dehydration of the stomach.

Ajagallikā - Name of a disease characterized by eruptions having the color of the skin.

Ajagandhā - The plant Thymus serphyllum Linn. Kind of potherb. The term literally meaning 'the whole plant smelling like a he - goat'.

Ajakajāta - Name of an eye-disease in which growth appears in the cornea of the eye.

Ajakarṇa - The tree Terminalia Alata. White Daminer Tree.

Ajamodā - Caraway. Apium graveolens Linn. Heloseidium.

Ajantī - A pot herb. Convolvulus Argentous.

Ajapā Varuṇa - Three leaved caper. Crataeva Religiosa. Kind of potherb.

Ajapadā - Thick leaved lavender. Anisochilus Carnosus, wall. A plant species.

Ajarā - The plant Aloe Perfoliata.

Ajas - **Vitality.**

Ajīrna - Indigestion.

Ajīrna Śūla - The colic pain caused by the indigestion is known as ***Ajīrna Śūla***.

Ajjhatā - The plant Flacourtia Cataphracta.

Ajmodā - Cumin seed; Caraway seed. Cuminum Cyminum.

Akāṣavallī. A medicinal plant. Tech. Cassytha Filiformis, Linn.

Akalkar - Para Cress. Spilanthes Oleracea.

Aklinna Vartma - An eye-disease in which eyelids adhered to each other.

Akoca - A type of fever.

Akṣa 1 - From the root ***akṣa*** 'to penetrate'; axis. Connotations occurs as a fruit of the plant ***Vibhītaka*** to which it is a synonym. Beleric myrobalan.

Akṣa 2 - Unit of weight approx. 12 gm. This term is used as syn. of ***vibhītaka***. Weight of the fruit of this plant is also implied by this term.

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Akṣadhāra Śirā - Subelavian vein.
Akṣata - Rice- grains.
Akṣhoṭa - Indian Walnut; Filberts; Aleurites Moluccana, Willd.
Akṣi kanḍu - Itching in the eye.
Akṣi mala - Excreta coming out of the eye.
Akṣi pākātyaya - An eye-disease in which sclera covers all sides of the cornea.
Akṣi pūraṇa - Filling the eyes with medicated liquids.
Akṣi tarpaṇa - Application of medicine over the eyelids keeping the eyes closed.
Akṣīraoga - Eye infection, ninety-six varieties mentioned in Ayurveda.
Akṣiba - 1. Sea-salt. 2. Something not intoxicable.
Akṣibhedha - Squint eye.
Akṣibheśaj - Symplocos crataegaites. Synonym of ***Lodhra***.
Akṣigata - Eyesore.
Akṣigola - The eyeball.
Akṣika- Name of a fever which afflicts wild-animals.
Akṣiloman - The eyelash.
Akṣipāka - Opthalmitis.
Akṣipāta – Conjunctivitis.
Akṣipaṭalā - Coat of the eye.
Akṣitara - The pupil of the eye.
Akṣoda - A walnut, the tree Aleurites Triloba, also called ***Akṣodaka***.
Akṣota - A walnut, also called ***Akṣodaka***.
Alā - Orpiment.
Alābu 1 - Bottle gourd. Lagenaria Vulgaris.
Alābu 2 - One of the methods of bloodletting in which gourd fruit devoid of pulp is used.
Alāji - Name of a disease caused by the vitiation of ***pitta*** and blood. Whitlow.
Alakṣmī- Inauspiciousness.
Alaktaka- Paints prepared generally out of lac and used by ladies as cosmetics.
Alarka - Gigantic Swallowwort. Mudar. Calothropis Gigantea, R.
Alarka viṣa - **Bite of rabid dog (rabies).**
Alasa - Name of a disease characterized by excessive swelling at the lower surface of tongue. In the disease, the space between the toes remains sticky.
Alasaka - Acute distention of abdomen. Retention of faeces and gases.
Alasaka kuṣṭha - A type of ***kuṣṭha*** (skin disease) characterized by nodular growth.
Alasi - Linseed.
Alasya – Laziness.
Alepana - External application of drugs in paste form.
Alpāśarvaṇa - Loss of hearing capacity.
Alpāyuṣī - Tali–pot or Fan–Palm. Corylus Colurna, Linn.
Amaladīpti – Camphor.
Amalakyādi Gaṇa - The group of these herbs - ***Āmalakī***, ***harītakī***, ***Pippalī***, and ***Citraka***.
Ambaṣṭha - Kind of jasmine. Synonym of ***Pāṭhā***. Velvet–leaf. Cissampelos Pareira, Linn.
Ambaṣṭhādi Gaṇa - ***Gaṇa*** is a group of drugs. The ***Ambaṣṭha Gaṇa*** includes the following: ***Pāṭhā*** (also known as ***ambaṣṭha***), ***Dhātakī*** flowers, ***Samangā*** (***Lajjālu***), ***Kaṭvānga*** (***Śyonaka***) ***Madhuka*** (***Madhuyaṣṭī***), ***Bilva majjā***, ***Savaralodhra***, ***Palāśa***, ***Nandivṛikṣa*** (***Toona***), ***Padmakeśara*** (***Kamala Keśara***).
Amber - The plant Ambergris.
Ambia - Tamarind Tree. Tamarindus Indica. Linn.
Ambu 1 - ***Lymph***.
Ambu 2 - Water.
Ambucara - Aquatic animals/birds.
Ambuda – Mustā.
Ambuprasād - Clearing nut tree; Strychnos Potatorum, Linn.

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Amikṣa - The colour of hot milk mixed with curd is called ***amikṣa.***

Amladhyusita - Ambrosia.

Amlagaṇa (Varga)– ***Āmlavetasa, Jambīra, Mātulunga, Caṇaka, Nāgaranga, Tintiḍikā, Cinca, Nimbuka, Dāḍima, Karamarda.***

Amlaloṇika - Indian Sorrel. Oxlis Corniculata, Linn.

Amlaparṇi - Rheum emodi, a medicinal plant. Vitis Trifolia.

Amlavarikṣa - Tamarind Tree. Tamarindus Indica. Linn.

Amlavetra- See ***Āmlavetasa.***

Amogha - Trumpet flower.

Amṛitā 1- Synonym of ***Guḍūcī.*** Heart–leaved moonseed. Cocculus Cordifolius.

Amṛitā 2- Myroblan. Chebulic Myrobalan. Ink Nut. Indian gall–nut.

Amṛitā phalām - Guava.

Amrtikaraṇa– It is a process of detoxifying and potentising the ***bhasma*** of a metal or a mineral.

Amśaphalaka - Scapula.

Amśumatī - The term literally meaning 'having a pronounced fibrous ***amśu*** nature'. Synonym to the plant ***Śālaparṇī.***

Amsa śoṣa- Atrophy of muscles and ligaments in the shoulder region; often associated with local pain.

Anāgneya - Sudation, fomentation therapy without the use of fire by remaining in air tight room, by indulgence in physical exercise, fwrestling, hunger and by drinking large quantity of alcoholic drinks, etc.

Anāmika - Ring finger.

Anaddha - See ***Anāha.***

Anagnikā - Indian cotton Plant. Gossypium Indicum, Lam. G. herbaceum.

Anala Māndya - Diminished power of digestion. Syn. of ***Agni Māndya.***

Analaprabhā - The plant Halicacabum Cardiospermum.

Anannāsa - Ananas sativus. Fruits and leaves used in drugs.

Anantā - Asthmatica. The roots of this plant are used as medicine. Synonym of ***śarivā.*** Gardenia Campanulata, Roxb.

Anantā Dūrvā - Cynodon dactylon, a medicinal plant.

Anantamūla - Indian Sarṣaparilla; Country Sarṣaparill. A plant species.

Anantavāta - A painful head-disease caused by the simultaneous vitiation of all the three ***doṣas.***

Anaryatiktā - Himalayan or Indian Gentian. Chiretta. Gentiana Kurroo, Royle.

Ancitagra - Curved bistouries.

Anḍa - Egg.

Anḍa Koṣa - Testicle.

Anḍagranthi - Testes.

Anḍakoṣa-vṛiddhi - Hydrocele.

Anḍikā - 125 mg. approximately. (A unit of measurement.).

Andha mūṣā - An implement used in iatro-chemistry.

Andhalāji - A disease characterized by the eruptions caused by vitiated ***kapha*** and ***vāta.***

Andhamūṣā - A small covered crucible with a hole in the side.

Andhamūṣikā - The grass Lepeocerciscis Serrata.

Andhata - Blindness. Also named as ***Andhatava.***

Anga marda - Malaise. Pain as if the body is twisted.

Angāramañjarī - The shrub Cesalpinia Banducella.

Angāraparipācita - Roasted food.

Angārapuṣpa - The plant ***Iñgudi,*** Vulg. Ingua.

Angāravallarī - Species of ***Karañja*** plant. Indian beech, Pongamia

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pinnatta or Glabra. Angari - A portable fire- place.

Angārikā - The bud of the plant ***Kinśuka*** or Butea Fron ***Doṣa***. 2. Medicated oil in which turmeric and other vegetable substances have been boiled.

Angamarda-praśamana - Restoratives.

Angangi-bhāva - Mutual relation on correlation between the limbs or a limb and the body.

Angapāli - Medicago Esculenta. A herbal plant.

Angarāga - Application of unguents or cosmetics to the body especially after bathing.

Anga-suptatā - Anesthesia.

Anghṛiparṇi - The plant Hedysarum Lagopodioides.

Anghṛiskandha - The ankle.

Angkod - Walnut.

Angkur - Sprout.

Angula 1- A unit of linear measurements. Finger's breadth -1.8 cms (approx.).

Angula 2 - Toe.

Anguli - Finger.

Anguli Agra - Finger tip.

Anguli Trāṇaka - Finger guard.

Anguli vāta - Affliction of fingers & toes by ***vāta***.

Angulipāk - Panaris. Kind of wound in fingertips.

Angulitāḍana - Percussion.

Angulyasthi - Phalanges.

Anguṣṭha - Thumb.

Anhuraṇa - Distressing.

Anidrā - Insomnia. It is an insufficient and troubled sleep.

Anilaghnaka - Beleric myrobalans. Trminalia belerica. Roxb.

Animitta - Without any known causative factor.

Animitta linga nāsā - Appearance of exogenous eye-disease (blindness) without having any causative factor.

Anjali 1 - Handful.

Anjali 2- 128 gm. approximately. (A unit of measurement.).

Añjana - Application of collyrium in the eyes.

Añjana 1 - Collyrium. Stile. It is of three types viz., ***guṭikā*** (in pill form), ***rasa kṛiyā*** (solid extract of ***dāru haridrā*** etc.) and ***cūrṇa*** (in powder form). From therapeutic point of view it is classified into three categories viz., ***leghana*** (which cleanses pus etc,) ***dṛiṣṭi prasādana*** (which promotes eyesight) and ***ropaṇa*** (which heals the ulcers in the eyes).

Añjana 2 - Lead and antimony ore or compound.

Añjana nāmikā - Appearance of very small pimple in the eye-lid.

Anjanādi Gaṇa - Group of medicines including the following; ***Añjana*** (***Sovirañjana***), ***Rasāñjana*** (***Strotāñjana***) and ***Dāruharidrā Kvātha*** (***Ghana***), ***Nāgapuṣpa*** (***Nāgakeśara***), ***Pṛiyangu***, ***Nīlotpala*** (***Nīlakamala***), ***Nalada*** (***Uśīra***), ***Nalinakeśara*** (***Kamala Keśara***), and ***Madhuka*** (***Madhuyaṣṭī***).

Añjananāmika - Stye or sty. Inflamed swelling on the edge of the eyelid.

Añjanikā - Lizard with red tail.

Anjīra - Rig–tree. Ficus Carica, Linn.

Ankota - Sage–leaved alangium. Alangium Lamarckil.

Ankur 1 - Shoot.

Ankura 2 - A soft tubular growth in the eye-lid.

Anna - Food, which is taken, is called ***anna***. It is also used as a syn. of ***Odana*** (boiled rice).

Anna vidāha - Improper digestion of food.

Annadrava śūla - Gastric Ulcer.

Annaja hikkā- Gurgling sound in the intestines causes by the aggravation of ***vāta*** and non-elimination wind through the anus.

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Anśuk - Woven silk.
Anśumatphalā - Banana.
Ansal - Strong.
Antaka - One of thirteen varieties of ***sannipāta*** fever.
Antaradhi - Trunk.
Antardhūma - The pharmaceutical process for the preparation of medicines by burning a plant or metal. It is of two types viz.,(1) ***antardhūma*** in which the burning process takes place inside a closed vessel by which the smoke does not go out but remains inside and (2) ***bahirdhūma*** which is carried out in an open vessel by which the smoke goes out.
Antargata - Internal (generally a type of fever).
Antarhṛidayavaraṇa-śotha - Meningitis.
Antarika Vidradhi - Internal abscess.
Antarvaktra śastra - Bistuary.
Antarvega - Having fever in the interior of the body while the exterior have a normal temperature.
Antikā - Oven, a fireplace.
Antṛika-jvara - Typhoid.
Antramukha - Curved bistouries.
Antrapācaka - Tulophora Asthmatica. A plant species.
Antravidāha - Intestinal inflammation.
Antrika-Koṭha-Praśamana - Intestinal antiseptic.
Anu yañtra - Accessory surgical instruments.
Anuasana - A type of medicated enema.
Anulepana - Application of unguents over the body.
Anulomaka - Having the power to relieve flatulence and associated colic.
Anulomana- Downward movement of ***vāta***. A laxative or purgative is administered for this purpose.
Anupāna - A fluid vehicle of the medicine. A drink taken with or after medicine.
Anupāsaya - Factors which aggravate the condition.
Anurādhā - One of the twenty-eight asterism or constellation.
Anuśastra - Accessories of sharp instruments.
Anusāyī - Name of a disease characterized by eruptions manifested deep in the foot.
Anuvāsana 1 - A type of medicated enema prepared of oil.
Anuvāsana 2 - The substance or drug that cause the body soft, unctuous and strong is called ***Anuvāsana***. The oils in ***Vāta vikāra*** (disorder) and clarified butter (***ghṛita***) in ***Pitta vikāra*** are very efficacious.
Anuvāsanabasti - A type of medicated enema prepared of oil.
Anuvartana - Maintenance.
Anuvellita - Bandage twisted inward.
Anuvellita-bandha - Spiral bandage.
Anūdra - Waterless.
Anūp deśa - Marshy regions.
Anūpa Māmsa - Flesh of animals of marshy places.
Anūrjatā - Allergy.
Anyatovāta - Indisposition in which vitiated ***vāta*** causes pain in the eyebrows and eyes.
Anyedyuṣka Jvara - Mixed malarial fever. A fever appearing once only in twenty-four hours is called ***Anyedyuṣka Jvara***.
Anyedyuṣka viparyāya - A variety of ***anyeduṣka*** type of ***viṣama jvara***.
Apācana - This is a problem of indigestion.
Apācī - Scrofula or chronic tuberculosis. Lymphadenitis.
Apāka - Unripe.
Apākaja - Not produced by cooking or ripening.
Apālañka - The plant Casia Fistula.
Apāmārga - Prickly chaff. Achyranthes Aspera, Linn.

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Apāna vāta - One of the five varieties of ***vāta*** located in the lower abdomen. It regulates the movement of urine, stool, foetus and menstrual fluid.

Apātastraka - Convulsions with body bent like a bow. Tetanus.

Apakva - Undigested or uncooked.

Apanga - Lateral ends of the eye-brows.

Aparā - Placenta.

Aparājitā - Clitoria ternatea linn. Roots, seeds and leaves of this plant are used.

Apasmāra - Epilepsy. It is characterized by fits with loss of memory.

Apasmṛti - Epilepsy in which the patient loses his consciousness.

Apatānaka- Emprosthotonos. One of the serious caused by the aggravation of ***vāta***.

Apatanāka - Emprosthotonos. One of the serious diseases caused by the aggravation of ***vāta***.

Apatañtra - Spasmodic contraction of the body or stomach. A type of ***vāta roga*** in which the body gets twisted like a bow.

Apatarpaṇa - The measure and drug that causes the body and body-element starve is called ***Apatarpaṇa***. It is also known as ***Langhaṇa*** therapy to make the body thin. ***Apatarpaṇa*** is of two kinds- viz. a. ***Śodhana*** - purificatory therapy. b. ***Samāna*** - palliative therapy.

Apathya - Unfit, unsuitable, unwholesome as food or drink in particular complaints. ***Apathya*** is opposite to ***pathya***, the whole some food and activities, literally, 'that could be followed'.

Apikākṣa - The region of the armpits and shoulder- blades (especially in animals).

Apināsa - Cronic rhinitis, also known as ***pīnasad***.

Apodikā - Indian spinach.

Apūpa - Sweet, fried bread.

Aṛimeda - Cassia flower. Acacia Farnesiana, Willd.

Aṛiṣṭa 1- Indian Filbert; Soapnut Tree. Spindus Trifoliatus, Linn.

Aṛiṣṭa 2- Neem or Margosa Tree. Azadirachta Indica.

Ara - Cutting disc, awl.

Araṇī - The plant Premna integrifolia Linn.

Araṇya Akṣota - Aleurites moluccana wild. Seeds of this plant are used in medicines.

Araṇya haridrā - Curcuma aromatica, a medicinal plant.

Araṇya jīraka - Small Fennel or Black Cumin. Nigella Sativa, Linn.

Araṇya Jīraka - Synonym of ***Somarāji. Karjiṛi.***

Araṇya mudga - Phaseolus Adenanthus.

Arālu - Bignomia Indica. Synonym of the plant ***Aratu***.

Arakvadam - Indian Laburnum; Pudding Pipe tree; Purging Cassia.

Aranāla 2- A type of sour-vinegar.

Aranāla1 - See ***Kānji***.

Arangaka - Melia Dubia, Cav.

Arati - Disliking for everything.

Aravī - Colocasia esculenta. Leaves and root bark of this plant are used in various preparations.

Arbuda - Nonsuppurating welling. Tumour.

Arda - A surgical instrument; a saw.

Arddhavabhedaka - A disease characterized by excruciating pain in half of the head.

Ardha valaya - Semi-circular.

Ardhānga (vāta) - Hemiplegia in which the sensory and/or motor functions in half of the body is lost.

Ardhāś-avavaka - 128 gm. approximately. (A unit of measurement.).

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Ardhāvaśeṣa - Decoctions that are boiled up to one half of the original quantity.

Ardhadhāra - Single edged knife.

Ardhaprasādana - Ash–coloured Fleabane. Vernonia Cinerea, Less.

Ardita - Facial paralysis. Paralysis in which only one half of the face is involved.

Ariṣṭa patram - Leaves of the tree ***Nimba***.

Ariṣṭak - Sapindus trifoliatus, a medicinal plant.

Ariṣṭaka phalā - Soap nut.

Arjuna 1– Name of an eye-disease in which one spot appears in the sclera or the eye.

Arjuna 2 - Terminelia arjuna. The term literally means 'white', a term especially common in early Sanskrit.

Arka 1- A medicinal plant. Gigantic Swallow wort; madār. Calothropis Gigantea, R.

Arkādi Gaṇa - Group of herbal plants involving ***Arka***, ***Alarka***, ***Karañja***, ***Latākarañja***, ***Nāgadantī***, ***Apāmārga Bhārgī***, ***Rāsnā***, ***Lāngalī***, ***Śveta Aparājitā***, ***Nīla Aparājitā Vṛiscikali***, ***Jyotiṣmatī*** and ***Iñgudī***.

Arkamūla - Indian birthwort. Aristolochia Indica.

Arkapuṣpī - Spider flower. Cleome Pentaphylla, Linn.

Arkapuṣpikā - ***Caravalla*** Seeds. Gynandropsis Pentaphylla, Dc.

Arma -This is a disease in which triangular patch of mucous membrane grows in the conjunctive usually from the nasal side of the eye. It spreads towards the pupil.

Armaṇa- Unit of measurement, Approx. 12.288 kg. or litres.

Arocaka - Anorexia.

Arśa - Haemorrhoid, piles.

Arśa Bhranśa - Prolapse.

Arśa Vipāśa - Strangulation.

Arśaghna - Potato or Elephant's foot. Amorphophallus Campanulatus.

Arśah-Śātana - The drug that causes the pile buds cut, dry and fall.

Arśo vartma - Appearance of pimples in the eye-lid.

Arśo yañtra - Name of instrument for the diagnosis and treatment of piles. In shape, it is like the nipple of the cow.

Arśo-bhagandara - Piles associated with fistula-in ano.

Arśoghna - A drug that cures piles or haemorrhids is called ***Arśoghna***.

Arśoyañtra - Rectal speculum.

Arti- Pain.

Aruṇśāli - Red variety of rice.

Aruci - Anorexia.

Arumṣikā - Weeping or greasy scabs having multiple cannels develop in the scalp due to the infestation of lice, vitiation of ***rakta***, etc.

Aruṣak - Malabar nut. Adhatoda Vasika, Nees. A plant species.

Aruṣkara - Marking–nut Tree. Semecarpus Anacardium, Linn.

Aśarvaṇa - Absence of hearing capacity.

Aśma – Stone.

Aśmajātuka - The Rock (***aśma***) Born (***jātuka***) i. e. Brtanum.

Aśmantaka - Country borage. Coleus Aromaticus, Denth.

Aśmantaka - White mountain ebony.

Aśmarī - Stone disease (in bladder). Calculus. ***Aśmarī*** is a disease caused by the formation or lodging of a stone in the urinary passage. It is also called ***Mūtraśmarī***.

Aśmarībhedana - Urinary lithontripties. A drug that breaks the stone formed in urinary tract.

Aśmarīghna - Three leaved caper. Crataeva Religiosa.

Aśoka - Saraca Indica. The term ***Aśoka*** literally meaning 'removing away the grief', by the very splendor of its flowers.

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Aśrāva - Discharge.
Aśru Granthi - Lachrymal gland.
Aśva Karīṣa - Horse-dung.
Aśvabalā - Medicago sativa, a medicinal plant.
Aśvagandhā - Vegetable Rennet. Withania Coagulans, Dunal.
Aśvagila - Plantago ovata, a medicinal plant.
Aśvakarṇa - Sal Tree. Shorea Robusta, Gaertn.
Aśvamāraka - Sweet–scented oleander; Roseberry Spurge.
Aśva-Mala - Horse's dung.
Aśva-Pitta - Horse's ***pitta***.
Aśvatarī - Mule.
Aśvattha - The Indian Pippal tree, banyan.
Aśvinī- One of the propounders or gods of Ayurveda.
Aṣṭa Kṣāra - Alkali of eight materials including the ***Apāmārga***, ***Palāś***, ***Madāra***, ***Tila***, ***Uṣka***, ***Kāla Mokha***, ***Yavakṣāra***, ***Tañkankṣāra***. ('***Aṣṭa***' meaning eight in number).
Aṣṭa Kṣīra - Milk of goat, cow, buffalo, elephant, camel, mare, ladies and sheep.
Aṣṭa Mūtra - Urine of goat, cow, buffalo, elephant, camel, mare, ladies and sheep.
Aṣṭa Varga - Group of eight herbs including ***Jīvaka***, ***Ṛiṣabhak***, ***Medā***, ***Mahāmedā***, ***Kākolī***, ***Kṣīra Kokoli***, ***Ṛiddhi*** and ***Vṛiddhi***.
Aṣṭakarma– Svedana, ***Mardana***, ***Mūrcchana***, ***Utthapana***, ***Pātana***, ***Bodhana***, ***Niyamana*** and ***Dīpana*** are the eight ***samskāras*** (processes) of ***Pārada***.
Aṣṭamāna - 64 gm. approximately. (A unit of measurement.).
Aṣṭamikā - 16 gm. approximately. (A unit of measurement.).
Aṣṭhilā - Enlarged prostate.
Aṣṭhilā Granthi - Prostate gland.
Aṣṭhi - śūla - Ostalgia.
Asādhya - Incurable diseases.
Asātmya - Factors which are not useful for an individual-unwholesome.
Asana - The plant Terminalia Tomentosa, Bedd.
Asanaka - Pterocarpus marsupium, a medicinal plant.
Asanmallikā - Echites Dichotoma, Roxb.
Aṣanna timira - Cataract in its beginning stage.
Asitam utpalam - Black louts. The term is also to be taken to mean non-white, implying red lotus Nelumbo uncifera Gaertn.
Asra - Blood.
Asthi - Bhanga - Fracture of bone. It is of two types viz. ***Sandhi-Bhagna*** (dislocation) and ***Kānḍa- Bhagna*** (fracture).
Asthi - Bones, including ***danta*** (teeth) and ***nakha*** (nails). 360 as per Ayurveda.
Asthi Kṣaya - Osteo myelictis, tuberculosis of bones.
Asthi- Samahāraka - The plant Vitis quadrangularis Wall. Useful in treatment of such indisposition as ***Asthi Bhanga***.
Asthi sandhi - Bony joints, 210 in number as per the Ayurveda.
Asthi sanghaṭa - Confluence of bones - 14 in number as per the Ayurveda.
Asthi stambha - Stiffness of bones.
Asthi Vanvidradhi - Osteomylitis abscess.
Asthibhagna - Bone fracture.
Asthi-bheda - Fragility.
Asthimajjā - Bone marrow.
Asthiśṛīnkhalā - Cissus quadrangularis, a medicinal plant.
Asthisamghati - Cissus quadrangularis. All parts of the plant are used.
Asthisanhārī - **Vitis Quadrangularis, Wall. It is useful in treating the cases of bone fracture.**
Asthśṛīnkhalā - A medicinal plant. See ***Vajravallī***.

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Astmabayda - Aerua Lanata, Juss.
Asurā - Super-natural beings having harmful effects.
Asveda - ***alpa sveda*** and ***svedabhava.***
Asyavipāka - Stomatitis.
Aṭopa - Gurgling sound in the abdomen associated with distension and mild pain.
Ataktyabhiniveṣa - Psychic epilepsy.
Atañka- Syn. of ***jvara*** (fever).
Atasī - Linseed.
Ati - A kind of heron.
Ati sruti - Excessive secretion or excretion of fluid.
Atibalā - The term literally meaning 'very powerful'. This is in reference to the great medical efficacy of the plant. A country mallow. Roots, leaves and seeds of this plant are used. Sida Rhombifolia, Linn.
Aticchatrā - The term literally meaning 'excessively umbrella like' i.e. having an inflorescence that is a compound umbel.
Atidagdha - The burn which causes much injury leading to slough and destruction of vein, nerve and bone is called ***Atidagdha***.
Atiguhā - The plant Hemionites cordifolia.
Atiguptā - Uraria lagopoides, Dc. A plant species.
Atikeśara - The plant Trapa Bispinosa.
Atimita - Not moistened.
Atinidrā /tandrā - Excessive sleeping.
Atipakva - Excessively suppurated.
Atisāra - Acute diarrhoea (also see ***Raktātisāra***, ***Jvarātisāra***).
Atisthūla - One having excessive obesity.
Ativiṣa - See ***Ativiṣā***.
Ativiṣā (***Ativiṣa***) - Indian Atees, Aconitum Hetrophylum. The term literally meaning 'excessively poisonous'; also, 'countering poison'.
Atiyava - The term literally meaning 'beyond ***Yava***' i.e. a sort of ***Yava*** or barley, an inferior variety of ***Yava*** like grains, smaller. Also called ***Yavaka***.
Atiyoga- Excesive administration of a therapy.
Atyagni - Power of digestion and metabolism in excess.
Audaka-māmsa - Flesh of aquatic animals.
Audambara - The plant Syconium.
Audumbara kuṣṭha - A type of ***kuṣṭha*** (obstinate skin disease).
Aupasargika meha - **A kind of** *prameha* **(i.e. urinary disorders including diabetes).**
Auṣadha- Drug.
Avāluka - A kind of fish.
Avāngamukha - Face presentation (delivery-related terminology).
Avāpa- Addition of the powder of drugs at the end of the ***pāka*** of medicated oil, confection etc.
Avacūrṇana - Dusting in the form of powder.
Avagāḍha - Deep-seated.
Avagāhana - A cold bath.
Avagaha - Immersing the body in warm liquid; a tub-bath.
Avakuśa - A kind of aquatic animal.
Avaleha - Confection. ***Avaleha*** or ***Lehyam*** (Confection) is a preparation of semisolid consistency prepared with the medium of sugar or jaggery and water or any other liquid like milk etc. on a slow fire.
Avalehikā - Syn. of ***avaleha*** i. e. confection.
Avalgujā - Purple Fleabane. Vernonia Anthelmintica, Willd.
Avamantha - See ***Adhimantha***.
Avamath - To cleanse a wound by pricking or stirring with an instrument.
Avapātika - Rupture of the skin.
Avapīḍa- Name of variety of ***Nasya*** (inhalation) therapy which is

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administered for the elimination of ***doṣas*** from the head.

Avarta - Shape of the whirl.

Avasāda - A feeling of hopelessness. Everyone at least once in life develop such feelings in specific circumstance when near and dear one dies. But certain people without sufficient stimuli develop such sadness.

Avasādana - A drug that causes depression in the body and mind.

Avasecana - Spriinkling of medicated liquids.

Avasirna māmsa - Name of mouth-disease.

Avastambha- Immobility of stool, flatus and urine.

Avaṭu – Neck.

Avaṭuka Granthi - Thyroid Gland.

Avatarini - East Indian Screw–Tree. Helicteres Isora, Linn.

Avaurnana - Dusting in the form of powder.

Avesana- Threatening. This is used as a therapeutic measure for the treatment of psychic-ailments specially those caused by the affliction of evil spirits.

Aviddhakarṇa - Syn. of ***Pāṭhā***, a medicinal plant.

Avimūtra - Sheep's urine.

Avipṛiyā - Silphium Parsley. Prangos Pabularia, Lindl.

Aviṣargī- Remittant type of fever.

Avraṇa Śukla - Name of an eye-disease in which a white spot (***śukra***) appears in the cornea of the eye without ulcer.

Avyakta - Imperceptible or partially manifested.

Ayapana - Eupatorium triplinerve. All parts of plant are medicinally useful.

Ayas - Metals in general and iron in particular.

Ayaskānt - Magnet.

Ayaskṛit- Specially processed iron.

Ayatana- Syn. of ***nidana*** (causative factor).

Ayoraja - Iron-dust.

Ayudham - Destroyer of ringworm. Foetid Cassia. A plant species.

Ayurveda - Literally 'Science of Life'. It has the following eight branches -

1. Internal medicine (***Kāyacikitsā***)
2. Paediatrics (***Kaumarabhṛitya/bālacikitsā***)
3. Psychological medicine (***Grahacikitsā/bhūtavidyā***)
4. Minor surgery (***Śālākya-tañtra***)
5. Surgery (***Śalya-tañtra***)
6. Toxicology (***Agada-tañtra***)
7. Geriatrics (***Rasāyaṇa-tañtra***)
8. Science of aphrodisiacs (***Vājikaraṇa***).

Ācārya - The author.

Ācūṣaṇa - Sucking.

Āḍhaka - Unit of measurement. Four prasthas make one ***āḍhaka*** which is equivalent to 3.072 kg. or litres.

Ādana kāla- Time of absorption.

Ādhakī - The pigeon beam. Petiole Pea; Cadjan Pea; Congo Pea.

Ādhamana - Distension of abdomen due to the accumulation of gases accompanied by colic pain.

Ādhara mahāśira - Inferior vena cava.

Ādhardhyadhara śastra - Knife with sharp half portion.

Ādhmāna - An ailment characterized by excessive accumulation of Wind or gas in the gastro-intestinal tract.

Ādhya vāta- It is a synonym of ***urustambha*** (stiffness of thigh). It also refers to ostero- arthritis.

Ādityabhakta 1 - Sunflower. Helianthus Annuus, Linn.

Āditybhakta 2 - Wild or Dog Mustard; Sticky Cleome. Cleome Viscosa, Linn.

Āgantu- Exogenous.

Āgantu unmāda- Insanity caused by extraneous factors.

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Āgantuja - Eye-diseases caused by exogenous factors.

Āgantuja Chardi - Vomitting caused be the unpleasant site or smell, pregnancy, disturbances of ***Āma***, disagreeable food, idiosyncrasy and worms is called Agantuja Chhardi.

Āgantuka diseases - The Ayurveda classifies diseases under four categories - ***Āgantuka***, ***doṣa***ja, ***Mānasika***, and ***Svabhāvika***. ***Āgantuka*** diseases are those resulting from external reasons like attack by weapons, etc.

Āgantu-The etiological factors of diseases in general and fever in particular are classified into two categories viz, ***āgantu*** (exogenic) and ***doṣaja*** (endogenic). In the former type, ***doṣas*** get vitiated only at a later stage.

Āgneya - Something capable to develop digestive power. The material substratum of the entire universe is classified into two categories viz, ***āgneya*** (having ***agni*** or heating attributes) and ***saumya*** (having ***soma*** or cooling attributes).

Āgneya visarpa - ***Visarpa*** (erysipelas) caused by the vitiation of ***vāta*** and ***pitta***.

Āhāra- Food.

Āhāra viṣa - **Food poisoning.**

Āhāra-rasa - Chyme. Semi fluid mass of partly digested food passed from the stomach into the duodenum.

Āharana - Extraction.

Ākarakarabha - Anacyclus pyrethrum, a medicinal plant.

Ākhu - Rat.

Ākhuparṇī - Mermia emarginata, a medicinal plant.

Ākṣepa - A type of ***vātika*** disease/symptom characterized be cramps.

Ākṣepaka - A ***vātika*** disease associated with cramps.

Āma 1 - Product of improper digestion and metabolism or immature stage of the disease.

Āma 2 - The chyme formation. Chyme is the semi fluid mass of partly digested food passed from the stomach into the duodenum.

Āma doṣa - The ailment caused by ***āma*** or the ***āma*** substance itself.

Āma jvara - The first stage of fever (for about seven days) in which the vitiated ***doṣas*** remain associated with ***āma***.

Āma taila- Freshly extracted oil. Generally oil after extraction from the oil seed is cooked over fire to promote its shelf- life, taste and smell. The uncooked oil is called ***āma taila***.

Āma vāta - ***Vāta roga***.

Āmāśaya - Stomach including the upper part of small intestine.

Āmāśya vāta - Location of ***vāta*** in ***āmāśaya***.

Āmātisāra - The first stage of diarrahoea in which the vitiated ***doṣas*** remain associated with ***āma***.

Āmaja - The ailment caused by ***āma***.

Āmaja Ānāha - A kind of constipation.

Āmaja Śūla - Intense colic pain.

Āmala - Citrus.

Āmalakī - See ***Āmalakī*** below.

Āmalakī (***Āmala*** or ***Amalam***) - Indian gooseberry. Emblica officinalis.

Āmalameha - Lithuria.

Āmalaveta - Common Sorrel.

Āmalikā - Tamarind, imali, Tamarindus indica Linn.

Āma-pācana - Measures and drugs that digest ***Āma-doṣa*** are called ***Āma-pācana***.

Āmapācanī Peya - Beverage, capable of digesting ***āma***.

Āmara Latā - Deodar.

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Āmaravallarī - The plant Cassyta Filiformis Linn.

Āmaravela - Dodder. Cuscuta Reflexa, Roxb.

Āmaśaya Vraṇa - Peptic ulcer. Depending upon the size of ulcer, it is classified into two types viz. ***Annadrava Śūla*** (gastric ulcer) and ***Pariṇāma Śūla*** (duodenal ulcer).

Āmaśūla - Colic pain.

Āmavāta - ***Vāta roga***. Vitiated ***Āma*** and ***Vāta*** by involving ***Koṣṭha***, ***Tṛika*** and ***Sandhi*** (joints) cause pain in the joints.

Āmaya- Disease.

Āmla - Acidic.

Āmla pitta - Hyper-acidity or gastritis. It is of two types viz., ***urdhavaga*** (moving upward) and ***adhoga*** (moving downwards).

Āmlavetasa - Garcinia pedunculata, a medicinal plant.

Āmra 1- Mango.

Āmra 2 - 32 gm. approximately. (A unit of measurement.).

Āmragandhi Haridrā - Curcuma amada, a medicinal plant.

Āmranālam - Cuscus grass. Andropogon Muricatus. Retz.

Āmrataka - Indian Hogplum or Wild Mango. Spondians Mangiffera, Willd.

Āmrataphalam - Guava. Psidium Guyava, Linn.

Ānāha - Acute constipation.

Āntarāyama - Disease of the intestine.

Āntardāha - Burning sensation inside the body.

ĀntṛikaJvara - Continuous fever of more than 7 day's duration is generally taken as ***Āntrika Jvara*** (also called ***Santata Jvara***). It may continue up to 4 to 5 weeks.

Āntra - Intestine.

Āntra Kṣaya - Intestinal tuberculosis. ***Āntra-Kṣaya*** is a disease in which patient passes extremely mucous stools of liquid consistency with pain and sound, particularly in the daytime.

Āntra Pariśiṣṭa - Appendix.

Āntra roga - Enterosis.

Āntra śothaja Atisāra - Diarrhoea due to colitis.

Āntra vṛiddhi- Inguinal hernia Also refers to hydrocele and scrotal tumour.

Āntrāgni - Syn. of ***Jaṭharāgni*** which is located in the gastro- intestinal tract and is responsible for digestion.

Āntrāmaya - Stiff neck.

Āntrada – A variety of ***kṛimi***, probably hook-worm.

Āntrakujana - Borlorygmus.

Āntrapuccha Pradāh - Appendicitis.

Āntravṛiddhi - Hernia.

Āntrayām - Internal.

Āpa Savya - Putting the upper garment to the left side of the body while keeping the upper portion over the right should er.

Āpa-bahuka- A ***vātika*** disease affecting the upper limbs, specially the shoulder joint.

Āpa-tanakin - Affected with spasmodic condition.

Āpatañtra / ka - A kind of ***vāta roga*** in which the body gets twisted like a bow.

Āragvadha - Cassia fistula. Leaves, flower, pods and root bark of this plant are used.

Āragvadha - Syn. of ***śampaka.***

Āragvadhādi Gaṇa - Group of herbs involving ***Āragvadha***, ***Madana***, ***Gopaghonṭa*** (***Karkoṭaka*** or ***Pūga***), ***Kanṭakī*** (Vikañṭaka), ***Kuṭaja***, ***Pāṭhā***, ***Paṭala***, ***Mūrvā***, ***Indrayava***, ***Saptaparṇa***, ***Nimba***, ***Kurunṭaka*** (***Śveta Saireyaka***), ***Dāsi Kuruṭaka*** (***Pīta Saireyaka***), ***Gudūcī***, ***Citraka***, ***Saransasta*** (***Kākajanghā***), ***Karañja***

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dvaya, ***Paṭola***, ***Kirātatikta***, and ***Suṣavī*** (***Kārvellaka***).

Ārdaraka - Ginger. Wet ginger. Zinziber officinale.

Ārdrāmalaka - (A measurement of weight) same as ***Āmalaka***, i. e. approximately 4 grams.

Ārtava - It is the monthly discharge of blood, mucus, and the discarded cells of endometrium.

Āśaya - Body parts. They are eight in number - 1. ***Rasa-Raktāśaya*** - heart, liver and spleen 2. ***Kaphāśaya*** - chest/lungs 3. ***Amāśaya*** - stomach, small intestine 4. ***Pittāśaya*** - liver, stomach 5. ***Pakvāśaya*** - large intestine 6. ***Vātāśaya*** - large intestine, rectum 7. ***Mūtrāśaya*** - urinary bladder and 8. ***Garbhāśaya*** - uterus - in women only.

Āścyotana - Aspersion or application of ***kalka*** of drugs over the eye-lids; also sprinkling liquids into the eyes.

Āścyotana - Washing and bathing the eye with liquids.

Āśphoṭā - A medicinal plant. Clitoria Ternatea, Linn.

Āsava - Fermented water based drug. The fermentation done by adding the drugs directly to the water without preparing the ***Kvātha*** is known as ***Āsava***. If fermentation is done by making the ***Kvātha*** (decoction) of the drug then it is known as ***Ariśta***.

Āsavan – Distillation.

Āsavapna- Remaining awake at night; sleeplessness.

Āsphoṭā 1- Echites Dichotoma, Roxb.

Āsphoṭā 2- Wild jasmine.

Āsthāpana - a type of medicated enema.

Āsthapanopaga - Adjuvant employed in non-oily enemata.

Āṭavī Jambīra - Wild lime. Atalantia Monophylla, DC.

Ātithya- A disease characterized by an excessive aggravation of ***vāta***.

Ātma lākṣāṇa - Syn. of ***Rūpa*** or signs and symptoms of a disease.

Ātmaguptā - Cowhage or Cowithch plant. Mucuna Pruriens.

Āvakpuṣpī - The term literally meaning 'flower turned backwards'; a case of a very apt description of the habit of these flowers that point downwards on their axis very characteristically.

Āvartakī - Tanners cassia, Cassia Auriculata. Bark, flower, seeds used in various medicines.

Āvi - Sheep.

Āvi karīṣa - Dung of sheep.

Āvi paya - Milk of sheep.

Āvṛitta- Obstructed.

Āyaṇa - A unit of time. One-semester/six months.

Āyāma - Contractures characterized by the stiffness of muscles.

Āyāma dhanurvāta - A type of ***vātika*** disease in which the body bends like a bow.

B/V alla - Unit of weight approx. 375 mg.

B/V almlka - Name of a disease in which a tumour, in the shape of an ant-hill, appears.

Bāḍiṣa - A type of forceps (surgical insturment).

Bādhirya – Deafness.

Bāhlika - Asafoetida. Feaula Assafoerida, Linn.

Bāhu - Arm.

Bāhya - Exterior of the body.

Bāhyaja - Disease caused by external factors.

Bāhya-Kṛimighna - Insecticide.

Bāhyayāma - A condition in which the network of ligaments in the back side are afflicted by ***vāta***.

Bājikaraṇa - Aphrodisiac.

Bāla **1 - Pertaining to children. A Child.**

Bāla 4 - Body - Hair.

Bālaka 1 - A kind of crane/heron.

Bālaka 2 - Synonym of ***Netrabālā***.

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Bālakapriyā - Zizyphus Nummularia. A plant species.

Bālukā - Sand.

Bālukā Puṭa - A process of preparing medicines. To perform a ***Bālukā Puṭa*** one should place the ***Mūṣā*** (the herb pot) in the centre of a strong vessel that is filled with hot sand. Allow it to cool, collect the medicine and powder it.

Bālukā Yañtra - A pot that is filled with sands i.e. ***Bālukā.***

Babbūla - The plant Acacia Arabica.

Babhru - A kind of ichneumon.

Babhru loma - Body hair of a kind of ichneumon.

Babuī-Tulasī or ***Surāsā*** - Ocimum basilacum - All parts of plant, leaves used.

Babūla - Acacia arabica, a plant species.

Baḍiṣa yañtra - A surgical instrument in the from of a hook.

Bada - Lympho- granuloma.

Badara 1 - Berry. Jujube (ber) Zizyphus jujuba.

Badara 2 - 4 gm. approximately. (A unit of measurement.).

Badarāśma - Jade.

Badarī - See ***Badara***.

Baddha gudodara- This is one of the eight varieties of ***udara roga***. This condition is characterized by obstruction to the passage of stool resulting in burning in burning sensation, thirst, fever, cough, dyspnoea, fatigue of thighs, headache, pain in the umbilical and anal regions, vomiting, etc.

Baddha-kleda - Adhesion of sticky material.

Badra Majjā - Jujube seed decorticated.

Bahir malaja - Parasites produced from the excreta of the exterior.

Bahir vega- Fever in the exterior of the body.

Bahirayāma - A type of ***vātika*** disease in which the body bends back-wards.

Bahistha - Fever located in the sgin and other external organs of the body.

Bahula vartma - Name of a disease in which eye-lid becomes very thick because of several pimples on it.

Bahupāda - Banyan Tree. Ficus Bengalensis, Linn. F. indica.

Bahuvarā - Cordis minea, a medicinal plant.

Baka - A kind of crane.

Bakula - A kind of tree. Mimusops Elengi.

Bala 3 - Strength.

Balā 2 - Country mallow. The term literally meaning 'strength'; 'powerful' in reference to its medical efficacy. Sida Cordifolia, Linn.

Balāsa grathita - Name of an eye-disease in which growth appears in the sclera.

Balam 1- Name of a disease characterized by swelling in the throat.

Balam 2- Pavenia odorata, a medicinal plant.

Balla- Unit of weight approx, 375 mg. Also written as ***valla***.

Balya - Rasāyaṇa, a tonic.

Banapasa - Viola odorata, a medicinal plant.

Bandaka - Dendrophthoe falcate, a medicinal plant.

Bandha- Tying the patient with rope etc. This is one of the therapeutic measures for psychic-ailments especially for patients afflicted by evil spirits.

Bandhana - Binding.

Bandhujīva - A medicinal plant. Pentapetes Phoenicea, linn. Also called ***Bandhuka***.

Barbara - Indian gum–arabic tree; Babul tree. Acacia Arabica willd.

Barbarī - Ocimum basilicum, a medicinal plant.

Barhina - Peacock.

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Bariparṇī - Tropical Duckweed. Pistia Staratiotes, Linn.
Bartaku - Egg– Plant. Aubergine. Brinjal.
Basta - He goat.
Basti 1 - Enema Therapy. The medicine given through enema is called ***Basti***. It is the best treatment for the elimination of morbid ***Vāta***.
Basti 2 - Generally refers to urinary bladder.
Basti śiras - Kidneys.
Basti Yañtra - Enema bag and nozzle.
Bhāgya - Result of action in past life.
Bhājana - 2.048 kg. approximately. (A unit of measurement.).
Bhānda Puṭa - A process of preparing medicines. ***Mūṣā*** (the herb pot) fired by placing in the centre of a bigger vessel that is filled with husks of paddy is known as ***Bhānda Puṭa***.
Bhānupāka - A process of preparing medicines. Sun-cooking, usually involving three to seven days.
Bhāra- 96 kg. (Also 64 kg. approximately in other school of measurement).
Bhāradvāji - She skylark.
Bhāratī - Holy Basil; Mosquito Plant of South Africa. Ocimum Sanctum, Linn.
Bhārgaram - Eclipta Prostrata, Roxb, A plant species.
Bhārgavī - Bermuda grass. Creeping panic grass. A plant species. Cynodon Dactylon.
Bhārgī - Clerodendrum Sirratum. Leaves and roots of this plant are used in various medicines.
Bhāsa - A bird of prey.
Bhāsī - A kind of she prey-bird.
Bhāvanā - Saturation of a recipe with the juice of plants, etc. When a solid drug is grinded continuously by adding liquid till it becomes dry, this process is known as ***Bhāvanā***.

Bhāvarakta - Saffron. Crocus Sativus, Linn. A plant species.
Bhāvi vyādhī- Disease to manifest in future.
Bhāvya - Dellenia Indica. Linn. A plant species.
Bhāvya dravya - Recipe to be impregnated.
Bhadra Dāru - Pinus Deodara; Himlayan cender. Cedrus Deoeara.
Bhadra Mustā / ka - The plant Cyperus scariosus R Br.
Bhadra Śrī - White Sandalwood Tree. Santalum Album, linn.
Bhadramuñja - Saccharum arundinacum, a medicinal plant.
Bhadravallī - Echites Dichotoma, Roxb. A plant species.
Bhaga - Anorectal vaginal region, vulva.
Bhaga Śoth - Vulvitis.
Bhagandara - Fistula in ano; Aral Fistula.
Bhagandara yañtra - Rectal speculum.
Bhagandara-Pīḍaka - Anorectal abscess. Appearance of a deep-rooted boil without any opening within the two fingers around the anus with pain and fever.
Bhagna Roga- **Fracture of bones.**
Bhakta - Grains cooked in water.
Bhakta dveśa - A type of anorexia in which, the thought or vision or touch of food creates despise in the mind of the patient.
Bhaktavārī - Synonym of ***Kānji.***
Bhaktodbhava - A type of morbid thirst caused by the intake of unctuous, sour, saline and heavy food.
Bhallātaka - Semecarpus anacardium, a medicinal plant. Marking–nut Tree.
Bhandira - Clerodendron Infortunatum, Gaertn. A plant species.
Bhanga 2 - Breaking.
Bhañjana / ka - A disease in which mouth becomes curved and teeth break into pieces.

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Bhanjaru - Any tree by the side of a temple.

Bhanṭāki - Indian Night shade. Solanum Indicum, Linn. A plant species.

Bhasma - Calcined powder of metals, minerals, etc.

Bhasma (***Māraṇa***) Process - The minerals should not be used before the process known as ***Śodhana*** removes its impurities. Thereafter, the drug is subjected to the ***Māraṇa*** process by which it is reduced to such a state in which they can be absorbed in the body. Thus powdered drug is known as ***Bhasma***.

Bhasma meha - Phosphaturia.

Bhasmaka - Voracious appetite.

Bhasmaka roga - Bulimia.

Bhaya - Fear.

Bhedana 1 - Breaking; Drastic purgative.

Bhedana 2 - Process of a kind of minor surgery. Incision.

Bhedana 3 – Purgative.

Bhedana-karma - Scraping.

Bhedanīya - Purgatives.

Bhedī - Purgative.

Bhekaparṇi - See ***Maṇḍukparṇī***, a medicinal plant.

Bhenḍa - Hibiscus esculanilus, a medicinal plant.

Bheṣaja - Drug or therapy.

Bhinna - Perforated (Ulcer).

Bholantikā - A kind of she-bird.

Bhṛingarāja 1 - Fork tailed shrike.

Bhṛingarāja 2 - Wedalia calendulace - All parts of plant useful in treatment of such diseases as ***Amla Pitta***, ***Parināma Śūla***, ***Atisāra***, ***Kāsa***, ***Pālitya***, ***Śvitra***, etc.

Bhrānti - It is sensation of spinning either of oneself or of surrounding. There may be nausea, vomiting, sweating or fainting. Tiredness, stress, fever, anemia may cause it.

Bhrama - Giddiness. ***Bhrama*** is a condition in which the patient has a sensation of unsteadiness with a feeling of movement within the head.

Bhramśathu - Name of nose-disease in which liquified ***kapha*** comes out through the nostrils.

Bhranśahastaskandhodaya - Transverse presentation with prolapsed hand (delivery-related terminology).

Bhraṣṭa - Fried.

Bhrūṇa - The fetus in its earlier stages of development, especially before the end of the second month.

Bhugna netra- One of the thirteen types of ***sannipāta*** fever.

Bhujā kampa - Trembling in arms.

Bhujangonmāda - Insanity caused by the seizure of ***nāga***s.

Bhū / dhāra / yañtra- A pit of one ***rāja hasta*** deep and one ***hasta*** in length and breadth should be dug on the earth. Inside it mercury is kept in a ***mūṣā*** and covered with sand till the neck of the pit. Over this cow-dung cakes should be placed and ignited. This is called ***Bhūdhara Yañtra*** or ***Bhū Yañtra***.

Bhūdhara Puṭa - A process of preparing drugs. To apply a ***Bhūdhara Puṭa*** one should dig a pit of suitable size. Fill it with 2.5-cm. deep layer of sand. Keep the pot of herb (***Mūṣā***) on it and place 2.5-cm. thick layers around the ***Mūṣā***. Fire the same with cow dung; allow cooling and prepare the medicine as described in ***Mahāputa***. Name of a pharmaceutical process specially used for preparing ***bhasma***s.

Bhūmikharjurikā - Foenix sylvestris, a medicinal plant.

Bhūmyālakī - Phylanthus nureri or Urindia. All parts of plant used in various diseases.

Bhūnimba - Andrographis paniculata, a medicinal plant.

Bhūnimba - Synonym of ***Kirātatikta***.

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Bhūrja - Birch.

Bhūrjapatra - Betula utilis, a medicinal plant. Betula Bhojpattra, Wall. & B. Utilis.

Bhūṣṭriṇa - True lemon grass. Ginger–grass. Andropogon Citratus.

Bhūta - A good or evil spirit or the ghost of a deceased person.

Bhūta dhātrī- Sleep which naturally occurs at night. It has nourishing effect on all creatures.

Bhūta roga - Affliction by evil spirits. Also refers to parasitic infections.

Bhūta vidyā- Science dealing with the description and management of afflictions by ***bhutas***.

Bhūtaghnā - Garlic. Allium Sativum, Linn.

Bhūtajāta - Muskroot. Indian Spikenard. Nardostachys ***Jaṭāmānsī***, Dc. A plant species.

Bhūtakeśara - The herb Trigonella Foenum graecun.

Bhūtamkusam - Croton Oblongifolius, Rox.

Bhūtanāśan - Hing. Feaula Assafoerida, Linn.

Bhūtaphal - Elafodendron glaucum, Pers. E. roxburghii - E. Paniculatum. A plant species.

Bhūta–vasah - Beleric myrobalans. Trminalia belerica. Roxb.

Bhūtavidyā - Psychological Medicine, one of the eight branches of Ayurveda. Also known as ***Grahacikitsā***.

Bhūthala Bhaiṛi - Croton Oblongifolius, Rox. A plant species.

Bhūtkeśa - Corydalis Goveniana, Nardostanchys ***Jaṭāmānsī***, White Basil.

Bhūtottha unmāda - Insanity caused by demoniac seizures.

Bhūtṛiṇam - Andropogon specigera, a medicinal plant.

Bīja doṣa- Defective genes.

Bījaka - Synonym of ***Asana***. Terminelia tomentosa. A plant species.

Bījapūra - The term literally meaning 'full of seeds' i.e. lemon. Citrus medica Lin. A particular variety called ***jambīra*** cognate to ***bījapūra nimbu***.

Bījasāra - ***Viḍanga***, a medicinal plant.

Bibhītakī - Terminalia bellerica, a medicinal plant. Also spelt as ***Vibhītakī***.

Biḍ - A kind of salt.

Biḍa - It is a complex substance of a combination of various materials like alkelies, acidic sunstances, salts and different minerals (like ***gandhaka***, ***Kāśīśa*** etc.) and urines of various animals. Generally these are together ground with the juices of sour plants to prepare the ***Biḍa***.

Biḍāla - Cat.

Biḍāla pādà / ka - Unit of weight. Approx. 12 gm.

Biḍālapadaka - 8 gm. approximately. (A unit of measurement.).

Bilva 1 - Bael fruit; Bengal quince. Aegle Marmelos, Corr.

Bilva 2 - 32 gm. approximately. (A unit of measurement.).

Bimbi - (***Kunduru***) - Coccinia Indica. A plant species.

Bimbimṛittikā - Soil of an anthill.

Bindu - Drop. Unit of measurement of liquids.

Binduka - Jungle Geranium. A plant species.

Bisa vartma - Name of an eye-disease associated with swelling in the exterior of the eye-lids and lotus-stalk (***bisa***) like small holes in the interior of eyelids.

Bisagranthi - Name of an eye disease. See ***bisa vartma***.

Bṛihaṇa - Restorative of body elements. The treatment that increases the ***Dhātu*** is called ***Bṛihana Chikitsa***. It

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is indicated in cases of weakness and diseases causing debility.

Bṛihaṇīya - Roborants or a weight-promoting drug.

Bṛihad Elā - Bigger cardamom.

Bṛihat Pañca Mūla - Group of five (***pañca***) herbs including the ***Bilva*** (bael fruit), ***Arṇī***(Premna Interifolia), ***Śyonaka*** (Oroxylum Indicum), ***Pāṭala*** (Stereospermum Suaveolens) and ***Gambhārī*** (Gmelina Arborea).

Bṛihat Upakuncikā - Ceylon cardamom; Greater cardamom.

Bṛihatī 1- Indian Night shade. Solanum Indicum, Linn.

Bṛihatī 2- The term literally meaning 'the big'. This is in reference to the size of the fruit Solanum indicum. Linn.

Bṛihatīkā (Very pungent) - Velvet–leaf. Cissampelos Pareira, Linn.

Bṛihatyādi Gaṇa - Group of herbs including ***Bṛihatī***, ***Kañṭakarī***, ***Kuṭajaphala*** (***Indrayava***), ***Pāṭhā***, and ***Yaṣti***.

Bṛihī Mukha Yañtra - Trochar and canula.

Bṛijaka - Indian Kino tree.

Bṛimhana - Nourishing therapy.

Brāhma-muhurta - **Hours immediately before the dawn.**

Brāhmī - Centella asiatica. Thyme leaved Gratiola. A plant species.

Bradhna- Tumour in the inguinal region.

Brahma Arbuda – Anthragus (in the ear).

Brahma daṇḍi - Tricholepis glaberrima, a medicinal plant.

Brahma dāru - Morus indica, a medicinal plant.

Brahma dvāra- See ***Brahmarandhra.***

Brahma rākṣasa - A type of evil spirit.

Brahma randhra- A suture or aperture in the crown of the head through which the soul leaves the body on death.

Brahmacarya- Celibacy.

Brataka - Swan.

Brhallonikā - Portulaca obraceae, a medicinal plant.

Bruhi - Spanish pepper. Red pepper. Cayenne pepper. Capsicum Annuum, Linn.

Bubhukṣita- Hungry.

Budbud Chidra - Archistome.

Budbuda - Bubble like growth in the eyes.

Buddhi - Intellect.

Burda - Bulb.

Butnāśan. Ferula narthex, Bo.

Caṇaka - Gram. Literally from the verb root the root ***chan***, 'to make sound', Cicer arietinum Linn.

Caṇakāmla- Sour-liquid collected from the leaves of the plant called ***chanaka***, i. e. gram.

Cālana - Moving, shaking.

Cāsa - Blue jay.

Cāsī - She blue-jay.

Cāturjātam - The term literally meaning 'an aggregate of 4 different origins'. This includes ***Tvak*** (bark of Cinnamon), ***Patra aril*** (i.e. nut mace), ***Elā*** fruit (cardamom), and ***Nāgakeśara*** stamens.

Caitrā - Name of a month according to the traditional Indian calender, occurring around March-April.

Cakora - Indian red legged partridge.

Cakramarda - Destroyer of ringworm. Foetid Cassia. A plant species.

Cakrikā - Round and flat pill.

Calita danta –Losseness of tooth.

Camara - A kind of ox called yak.

Campaka – Golden or Yellow ***Campaka***. Jasmine. Michelia ***Campakaca***.

Campakakunḍa - A kind of fish.

Cañca - A measurement of space equaling the width of the five fingers combined.

Cañcu - Corchorus fascicularis corchorus acutangulus, a medicinal plant.

Cañcukī – Beaker.

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Candana - The term literally meaning 'to ***cand***', i. e. to shine, gladden, to appear as lustrous, pleasing, a well-known name of the sandalwood.

Candanāmbu - water treated with sandalwood.

Candra - Paeoney Rose. Paeonia Emodi, Wall. A plant species.

Candra Puṭa - A pharmaceuticals process. In this the drugs (like the ***dhātu***, ***upadhātu***, ***ratna***, ***upratna***) is contused in prescribed medium (***kvātha***, ***svarasa***, ***arka***, etc.) in moonlight till pellet is dried.

Candrakānta - Moon stone.

Candrasūra - Cress; Common or Water–cress. Lepidium Sativum, Linn.

Candravallī - The term literally meaning 'a moon creeper'. Synonym of ***Somavallī*** which some identify as ***Guḍūcī***.

Candrikā 1 - Rauwolfia Serpentina, Benth. A plant species.

Candrikā 2 - The ***Candra*** fish.

Candrikā 3- Round material with a glaze like the moon.

Cangerī - Wood Sorrel, Rumex dentatus Linn. Literally from the verb root ***Chang*** - 'whiteness or beauty of the teeth'. This is in the reference to the use of this typically sour plant in cleansing the teeth to a bright whiteness.

Cara - Buchanania Latifolia, Roxb. A plant species.

Caraṇāyudha 1- Cock / duck.

Caraṇāyudha 2- Hide.

Carak - Rock anethum. Glossocardia Bosvallia. A plant species.

Caraka - An eminent ancient authority of Ayurveda. This Caraka, perhaps known to ancient Europe as Xarcha is also identified as Tehe-lo-Kia appearing in the Chinese translation of the ***Tripitakas*** as a court-physician of Kaniṣka at Puruṣpur (i.e. modern Peshawar). The date of this Kuṣān monarch is not known for certain. But it deems sound to follow historian Basham who suggested that one famous Caraka lived in the first century AD.

Caraka Samhitā - The most famous text of Ayurveda. Composed by Caraka.

Cardinirahaṇa - Anti-emetic.

Carma kīla – Wart in the skin.

Carma Kuṣṭha - Name of a skin disease in which skin becomes thick like that of the elephant.

Carma Roga - Diseases of the skin.

Carmapivara - A kind of fish.

Carma-Śuṣkata - Asteatosis.

Caṣaka - A cup or glass.

Cas - Mind including intellect.

Cas jihvā - Tongue.

Caṭaka - **A kind of bird.**

Catur Amla - Group of four citrus fruits. They include ***Kola*** (Jujbe), ***Dāḍima*** (Pomegranate), ***Vṛikṣāmala*** or ***Viṣambela*** or ***Tindika*** (Kokam Butter Tree), and ***Amalvetas*** (Common Sorrel).

Catur Bhadraka - Group of four great herbs They include ***Śunṭhī*** (Dried Ginger), ***Ativiṣā*** (Aconiturm cordatum), ***Mustā*** (Cyperus Rotundus) and ***Guḍūcī*** (Tinospora Cardifolia).

Catur Jāta - Group of four ('***Chatur***') herbs including ***Nāgakeśer*** (Carspus longifolius) + ***Tvak*** (Cinnamon bark), + ***Elā*** (Lesser Cardomum), and ***Patra*** (Cassia).

Catur Uṣna - Group of four ('***Chatur***') hot herbs including ***Pippalīmūla*** + ***Pippalī*** (Piper Longum) + ***Marica*** (black Pepper) + Sunthi (Dried ginger).

Caturmedā - Four varieties of fat - ***Ghṛitam***, oil, ***vāsa*** - muscle fat and bone marrow.

Catursugandhā - Group of four ('***Chatur***') scented herbs including

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Camphor, ***Kañkola*** (cubebs), ***Agaru*** (calambac), and ***Lavanga*** (clove).

Caturthaka (jvara) - A type of fever which attacks the patient on the fourth day.

Caturthikā - 32 gm. approximately. (A unit of measurement.).

Catuṣpada - Quadurped.

Catuṣpadī - She quadruped.

Caurthaka viparyāya- A variety of ***chaturthaka*** type of ***viṣama jvara***.

Cavala - Cowpea. Chineae beans. Vigna Catiang Endl. A plant species.

Cavalmugra - Gynocardia odorata. Seeds and oil used.

Cavikā - Piper retrofractum, a medicinal plant.

Cavya - Piper Chaba, a medicinal plant.

Caya - Name of a skin disease.

Caya pula - Water Melon. Citrullus Vulgaris, Scrad.

Celak tvak – Bark of betel flowers.

Celimā - A kind of fish.

Chāga - Goat.

Chāgī - She goat.

Chardi – Vomiting.

Chatraka - Agaricus campestris, a medicinal plant.

Chedana - Cutting, incising, splitting. Excision.

Chidra - Pore.

Chikikā - Sneezwort. Centipeda Orbicularis, Lour. A plant species.

Chikkana - Sneezwort. Centipeda Orbicularis, Lour. A plant species.

Chinna - Cut (wound).

Chinna śvāsa - A serious type of asthma.

Chudra Asthi - Bone let.

Cīḍa - Pine tree.

Cīna 1 - Common Millet. Broom–corn Millet. Panicum Milliaceum. A plant species.

Cīna 2 - Banner like cloth.

Cīna-Bandha - Eye bandage.

Cīnasanjnaka Karpūra - Cinnamomum camphora, a medicinal plant.

Cicaraṇa - A kind of fish.

Cicinda - Snake–guord. Trichosanthes Anguina, Linn. A plant species.

Cikitsitā - Syn. of ***Auṣadha***. Drug or therapy.

Cincā -Tamarind, Imali. Tamarindus indica Linn.

Cintā - Worries.

Cippa - Onychia. It is the acute inflammation of the nail bed. Suppuration occurs in the nail bed accompanied by burning sensation and pain.

Cirabilva - Holoptelea integrefolia, a medicinal plant.

Cirakālikā - Chronic.

Cita vibhrānta- If ***pralāpa***ka type of ***sannipāta*** is associated with madness and perversion of mind then it is called ***citta vibhrānta***.

Citraka - Rose–coloured Lead–wort. Plumbago Rosea, Linn.

Citrakamūla- Root of plant ***Citraka***.

Citravallī - Indian Madder. Dyer's Madder. A plant species.

Ckṣuṣya - Promoter of eye-sight.

Coca - See ***Tavka***, a medicinal plant.

Coraka - Kind of medicinal herb. The term literally meaning 'a thief'; one which steals i.e. surpasses others in fragrance'. Arrestingly fragrant flower. Angelica glauca Edgw.

Corpuṣpī - See ***Coraka***.

Coṣa - A feeling as if parced by strong head.

Cukra - Jaggery.

Cullikā- Fire place.

Cullya - A stove.

Cumcumāyanam - Tingling.

Curṇodaka – Lime Water.

Cutrikā - Field sorrel. Rumex Acetosella, Linn. A plant species.

Cūrṇa - When a drug after due incineration is made in the form of powder, it is called ***Cūrṇa***. It may be

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coarse or fine according to requirements.

Cūṣaṇa - Suction.

Cūta - Mangifera indica, a medicinal plant.

Cyuru - One of the twenty varieties of parasites. ***Cyuru*** or ***curu*** is produced by the aggravation of ***kapha.***

Cyutasandhi - Dislocation.

Ḍākini - Female spirits having evil disposition.

Ḍakodara - Ascites, one of the abdominal disorders.

Ḍakodara Yañtra - Canula.

Ḍimba - Ovum. It is a female sex cell and is produced by ovarian follicle.

Ḍimbāśaya - Ovary. There is one pair of almond-shaped gland situated on either side of uterus below the opening of fallopian tube.

Ḍimba-vāhini - Fallopian tube.

Dāḍim - Pomegranate.

Dāha 1 - Burning sensation.

Dāhakarma - Burning therapy.

Dāha-praśaman - Anti-burning or refrigerants; a drug that cures the burning sensation of the body or which cools the body.

Dākṣa - Grapes. Vitis Vinifera, Linn.

Dāna - Charity.

Dāru - Lavandula stoeches, a medicinal plant.

Dāru Haridrā - Tree turmeric barberry, Barberis Asiatica. A plant species.

Dāruṇa - Danduff; it has two forms of presentation, dry and oily. The dry form presents with fine, thin powdery, whitish or grayish, dry or slightly grayish scales, which becomes loose and fall on shoulders. Hairs appear dry and lusterless but they do not fall initially. There is light itching. Hairs may be matted and they may later start falling and may lead to premature baldness.

Dāruṇa kāsa - Severe bronchitis.

Dārusita - Cinnamomum. A plant species.

Dārutikti - The plant Berbamine.

Dārvī - Tree–Turmeric. Berberis Aristata. A plant species.

Dadhi - Curd.

Dadhi bhaktaka- Rice mixed with curd.

Dadhimastu - Watery part of yogurt or curd.

Dadhiphalā - Red gourd; great Pumpkin or Spanish Gourd.

Dadru - Ringworm.

Dadru kuṣṭha - Name of a skin-disease, known as ring-worm.

Dadrughna - Ringworm shqub. Cassia Alata, Linn. A plant species.

Dadumāra - Xyris Indica, linn.

Dagdha –Completely charred.

Daha 2 - Cauterization.

Daha **3 – Dehydration.**

Dahana - Toddalia aculeate, a medicinal plant.

Dairgha rātrika- Association of coma.

Daitya Raktaka - Steel ore.

Daiva vyāpaśraya- A variety of treatment characterized by the performance of rituals.

Dakṣa - Cock.

Dalana - Name of a tooth-disease associated with piercing pain.

Damanaka - Artemisia siversiana Ehrh. Ex willd. A plant.

Damṣṭra viṣa - Poisoning by teeth.

Danḍa - A staff. Baton.

Danḍa bandha - Syn. of ***Danḍapātanaka.***

Danḍa lasaka - A type of intestinal disorder.

Danḍa Yañtra - A churning stick.

Danḍāṇu - Bacillus.

Danḍapātanaka - A disease caused by aggravated ***vāta*** in which, body becomes stiff like a staff.

Danṣṭriṇ - Animals who transmit poison by biting through teeth.

Danta - Teeth.

Danta / mūla nāḍi - Sinuses in the gum-muscles below teeth

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Danta bandha - Lock-jaw.

Danta bheda - Name of a tooth-disease characterized by cracking of teeth.

Danta Bhranśa - Plaque, dental.

Danta cālana - Looseness of tooth.

Danta harṣa - A tooth disease in which teeth cannot tolerate the exposure to cold, etc.

Danta Kṣaya- Dental abscess associated with the dental caries.

Danta mokṣa - Name of tooth-disease.

Danta mūla - Gum.

Danta puppuṭa - Gum abscess.

Danta Śanku - Tooth scatter.

Danta Śikhar - Crown.

Danta Śūla - Dentagra.

Danta śabda - Name of a tooth-disease in which sound comes out from the teeth.

Danta śarkara - Name of a disease in which dirt adhering to teeth gets dried up.

Danta vaidarbha - Name of a tooth-disease.

Danta veṣṭa - Pyorrhoea.

Danta vidradhi - A disease caused by the dirt adhering to the gum muscles and vitiated blood.

Dantabheda - Dental schism.

Dantamāmsa Vṛiddhi - Gumboil.

Dantamūla - Teeth sockets.

Dantapuppuṭaka - **Gum boil.**

Dantaśaithilya - Loose teeth.

Dantaśodhana - Any measure or drug that cleans the tooth.

Dantaveṣṭa - Pyorrhea.

Dantī - The term literally meaning 'with teeth'. This is in reference to the serrated leaf of the plant. Wild croton, Baliospermum montanum.

Dantīn - Elephant.

Darbha - Desmostachya bipinnata Staoff. Literally from the verb root ***darbh***, to tie in bunch'. This is in reference to the bunch like habit of the plant or the bunched up form in which the cut and the trimmed leaves of this very famous and well-known grass were employed.

Daśamūla - The ***Daśamūla*** group of herbs contains the two sub-groups named as ***Bṛihat Pañcamūla*** and ***Laghu Pañcamūla***. Together they include the following ten herbs: ***śālparṇī***, ***pṛiśniparṇī***, lesser ***bṛihatī*** and larger ***bṛihatī***, ***gokṣura***, ***bilva***, ***agnimatha***, ***arālu***, ***pāṭala*** and ***gambhārī***.

Dattūra - Datura alba, a medicinal plant.

Deha - Body.

Dehasiddhi– The achievement of immortality or stronger and healthier body to live 100 years unaffected by diseases.

Deva graha - Affliction by the gods.

Devadāli - Luffa echinata, a medicinal plant.

Devadāru - Deodar. The term literally meaning 'god's tree'. Cedrus Deodara. Himlayan cender.

Devahvā - Dust of the wood of ***devadāru*** tree.

Devakusumum - Cloves. Myrtus Caryophyllus.

Devapuṣpī - Cloves.

Devonmāda - Insanity caused by the affliction of the gods.

Dhānaka - 500 mg. approximately. (A unit of measurement.).

Dhānya - Rice (husked seed); Paddy (unhusked). Oryza Sativa, Linn.

Dhānyāmla - A sour recipe prepared of cereals.

Dhānyabhraka– ***Abhraka*** pieces are mixed with ¼ quantity of ***Śāli dhānya*** (paddy) and tied into a ***kambala*** (rough woolen cloth). This pack is kept soaked in the water for 3 nights. When completely soaked, it is rubbed vigorously (with hands). The fine particles of ***Abhraka*** pass through the cloth and impurities like

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sand grains are separated. The ***Abhraka***, thus obtained is called ***Dhānyabhraka*** which is used for the process of ***māraṇa***.

Dhānyaka - Coriander. Coriandrum Sativum, Linn.

Dhānyamāṣa - 15 mg. approximately. (A unit of measurement.).

Dhāra - Dropping a current of water.

Dhāra sveda - Fomentation therapy administered by pouring warm-oil in streams over the body of the patient.

Dhāraṇa - Unit of measurement - Approx. 16 gm.

Dhāraṇa śakti - Holding capacity.

Dhārāgṛiha - Cold-room where current of water is artificially flowed vertically as well as horizontally.

Dhārākadamba - Adina Cordifolia, Benth. & Hook. A plant species.

Dhārāpāta- Pouring of milk from one pot to another in the form of a stream.

Dhāroṣṇa- Milk collected immediately after milking the cow. It is slightly warm to touch.

Dhātakī - Woodfordia Floribunda, Salisb. A plant species.

Dhātrī - The term literally meaning 'nursing mother'. This is in reference to medicinal efficacy of the plant. Synonym to ***Āmalakī***.

Dhātu - Body elements, primary/basic tissues. The word '***Dhātu***' is derived from the verb '***Dhā***' which means to hold. The matters that hold the body are termed as ***Dhātu***. In general, it is a term signifying bodily fluid and tissues. ***Dhātu*** are of seven types viz. ***Rasa*** (nourishing fluid of plasma), ***Rakta*** (blood), ***Māmsa*** (muscular tissues), ***medā*** (fatty tissues), ***Asthi*** (bone and connective tissues), ***Majjā*** (bone marrow) and ***Śukra*** (vital substance).

Dhātu kṣaya - Diminution of tissue elements.

Dhātu tapa - Affliction of tissue elements.

Dhātukṣaya - Neurasthemia, impotency.

Dhāva - The plant Anogeissus latifolia Wall. Literally from the verb root ***dhav***, 'to run, to flow'. This is in reference to the gum that oozes out from the plant.

Dhamārgava - Sharp cornered cucumber. Towel Gourd. Ribbed luffa. A plant species.

Dhamanī - Artery. Blood vessels that carry blood from the heart.

Dhamanīpraticaya - Dilatation of blood vessels.

Dhamanīsandanaṣa - Artery forceps.

Dhamnīdadharya - Arterio sclerosis.

Dhamrnyalika - A kind of bird.

Dhanu stambha - A ***vātika*** disease in which the body bends like a bow. Tetanus.

Dhanurvṛikṣa - Grewia Tiliaefolia, Vahl. A plant species.

Dhanvayas - Fagonia arabica, Linn. A plant species.

Dhatūra - Belladonna.

Dhatūrasa - Lymph.

Dhavala - Crane Tree. Conocarpus Latifolius.

Dhī - General knowledge.

Dhustūra - ***Dhatūra*** - Belladonna.

Dhūli puṣpikā - Fragrant Screwpine. Caldera Bush. Pandanus Odoratissimus. A plant species.

Dhūma 2 - Smoking therapy. Fumigation therapy.

Dhūma darśi - Name of an eye-disease in which all objects appear as smoky.

Dhūma pāna - ***Nasya*** (inhalation) of smoke of drugs. They are of three kinds -1. ***Samāna/Snigdha*** (Palliative, lubricating smoke); 2. ***Madhya*** - smoke of drugs of medium/moderate strength; 3.

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Tīkṣṇa - smoke of drugs of strong action - excitatory - purgative, etc.

Dhūma Yañtra - Inhalers or respirators.

Dhūma 1 - Black soil.

Dhūmāyana - A feeling as if surrounded by smoke.

Dhūmavartī - Medicinal cigar.

Dhūmopahat - Asphyxiation.

Dhūmrajātu - Asphaltum.

Dhūmra–patra - Worm–killer; Birthwort. Aristolocha Bracteata, Retz.

Dhūpana - Fumigation. Exposing the diseased part or the whole body to smoke of drugs.

Dhūpiyās - Storax. A kind of naturally scented wood. (***Humād***).

Dhūstūra - Datura Stramonium and Alba. Leaves, flower, root, fruit and other parts of the plant are used.

Dhūttura mada - Inroxication caused by the intake of ***dhustūra***.

Dīpana 1 - Stimulation of digestive power.

Dīpana 2 - Stomachic. A drug that improves the digestive power and increases the appetite.

Dīpanī Peya - Appetizing beverage.

Dīpanīya - Digestive stimulants.

Dīpnīya - Stomachics and digestives.

Dīpta - Name of a disease in which one feels excessive heating sensation in the nose.

Dīrghapatra - Bandolier Fruit. Zanonia Indica, Linn. A plant species.

Dīrghavrikṣa - Cocoanut Palm. Cocos Nucifera. Linn.

Dina pāki - A type of indigestion in which food takes one complete day to be digested.

Dināndhya - Day blindness.

Dirghapumsaka - A kind of bird.

Divāndhya - ***Divāndhya*** is a disease in which the patient sees all objects yellow or is unable to see in the day but can see things well in the night.

Divya - Holy Basil; Mosquito Plant of South Africa. Ocimum Sanctum, Linn.

Dolā Yañtra - Drugs tied up in a cloth and boiled out over a fire.

Doṣa - The triad of ***Vāta***, ***Pitta***, and ***Kapha***. The word ***Doṣa*** is deprived from the verb '***Duṣa***' which means to vitiate. They are called so as they vitiate the ***Dhātu***s (body elements) and ***Malas*** (the excretas). In the normal state of equilibrium they support the body and when vitiated produce the disease. ***Doṣa*** plays important role in the pathogenesis, diagnosis and treatment of the diseases.

Doṣaja diseases - Literally meaning 'produced by ***doṣa***'. The Ayurveda classifies diseases under four categories - ***Āgantuka***, ***Doṣaja***, ***Mānasika***, and ***Svabhāvika***. ***Doṣaja*** diseases are those related to disorders of the three basic constituents, namely the ***Vatta***, ***Pitta***, and ***Kapha***.

Dṛiḍhabīja - Psidum guajava Linn. Guava fruit. The term literally meaning 'one with strong seeds'.

Dṛiṣṭi - Sight.

Dṛiṣṭi Daurbalya - Weak eye sight.

Dṛiṣṭi doṣa- Affiction by evil-sight.

Dṛiṣṭi manḍala - Pupil.

Dṛiṣṭi prasādana - Clearing the vision, cleansing.

Dṛiṣṭija - Eye-diseases involving pupil.

Dṛiṣṭi-pāṭala - Retina.

Drākṣā - Raisin or grape fruit Vitis venifera. Fruits are used.

Drāvaṇa - Fomentation by warm liquids.

Drāvaka - When solid drugs are made into liquid form by process of melting, it is called ***Drāvaka***.

Drāvaka Varga– ***Guñjā***, ***Tañkaṇa*** (borax), ***Madhu*** (honey), ***Ajya*** (***Ghṛita***) and ***Guḍa*** (jaggery) are said

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to be ***Drāvaka Pañca*** or ***Drāvaka varga***.

Drāvi pāka - A stage of cooking confection or syrup, when the preparation Sticks to the stirrer.

Drāvī - Big spoon.

Drāvī pralepa - Sticking to spoon.

Drāviḍa - A species of bird.

Drava - Liquid.

Dravantī - Jatropha curcas, a medicinal plant.

Dravya-dagdha - Burn caused by liquid like oil. Scald.

Droṇa - 12.288 kg (or 10, 24 kg, according to different school of measurement).

Droṇa Kamsa - 8.292 kg. approximately. (A unit of measurement.).

Droṇapuṣpī - Leucas Cephalotes, Spreng. A plant species.

Droṇī 1 - 33 kg. approximately. (A unit of measurement.).

Droṇī 2 - Bath tub.

Druti - The liquid state of minerals or metals or even some gemstones. These are melted and by a specific kind of process made to stay in that state permanently.

Dugadha Pāṣāṇa - Talc.

Dugdhikā - Milk–hedge. Indian Tree–spurge. Euphorbia Tirucalli, Linn.

Duhkha vardhana - Name of an ear-disease caused by the improper piercing of ear-lobe.

Durālabhā - Camel's thorn. KhoRasan Thorn. Hedysarum Alhagi, Linn. A plant species.

Durdagdha - The burns in which small or large vesicles appear with surrounding redness, sensation of extreme burning and sucking pain are referred as ***Duradagdha***. In this type of burn, pus may also form.

Durlālabhā - Alhagi Camelorun. The term literally meaning 'difficult to hold'. Synonym of ***Yavāsā***. A plant species.

Durma - Neurasthenia.

Duṣī viṣa- Artificially prepared poisonous substance. Slow cumulative poisoning.

Duṣikā - Name of a disease.

Duṣṭa - Vitiated substance.

Duṣṭa dṛiṣṭi- Evil eye-sight.

Duṣṭa pratiśyāya - Obstinate type of ***pratiśyāya*** (coryza).

Duṣṭa vraṇa - Purtified ulcers.

Duṣya - In the disease process first ***Doṣa*** are vitiated which in turn vitiate ***Dhātu*** and ***Mala***. As ***Dhātu*** and ***Mala*** get vitiated by ***Doṣa***, therefore, they are also named as ***Duṣya***.

Dusparśa - Fagonia arabica, Linn. A plant species.

Dūrvā - Bermuda grass. Dog grass. Couch grass. Cynodon Dactylon.

Dūtī - A small tortoise.

Dvandaja - A disease caused by the vitiation of two ***doṣas*** simultaneously.

Dvidoṣaja - A disease caused by the vitiation of two ***doṣas*** simultaneously.

Dvidvāra - Opening at both ends, a surgical instrument.

Dvija - Upper castes of Hindus, the Brahmanas.

Dvija- Teeth.

Dvikola - A measurement of weight equal to two fruits of Jujube, approx. 2.0 gm.

Dvipantra Vacā - Smilax ***cīna*** Linn. A plant species.

Dvipautra - ***Cīna*** Root; Bamboo briar Root. Smilax ***Cīna***, Linn. A plant species.

Dvipi - Tiger.

Dviśigru - Horse–radish. Drumstick. Moringa oleifera, Lam. A plant species.

Dvitīyaka jvara- Fever which occurs on the second day.

Dyūta- Gambling.

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Eṇa - A kind of deer.

Eaindṛi - Bacopa monnieri, a medicinal plant.

Eka dvāra - One side opening; a surgical instrument.

Eka vṛinda - Name of a throat-disease characterized by a circular patch f swelling.

Ekāhikā- Fever occurring every other day.

Ekāngaroga - Monoplegia. Syn. ***Ekanga vāta***.

Ekāngavāta - ***Vāta*** afflicting one limb of the body.

Ekāngi - Honey bush. Cosmetic box. Murraya Exotica Linn.

Ekaja- Disease caused by the vitiation of only one ***doṣa***.

Ekaṣṭhilā - The term literally meaning 'having a single stone like seed kernel'. Synonym to ***Pāṭhā***.

Ekdoṣaj -Caused by the vitiation of one ***doṣa***.

Elā - Cardamom; Malabar Cardamom; Smaller cardamom. Elettaria Cardamomum.

Elādi Gaṇa - Group of herbs including ***Elā***, ***Tagara***, ***Kuṣṭha***, ***Mānsī***, ***Rohīṣa***, ***Tvak***, ***Patra***, ***Nāgapuṣpa***, ***Pṛiyangu***, ***Hareṇukā***, ***Nakhī*** (two varieties), ***Coorapuṣpī***, ***Sṛiveśtaka***, ***Taja***, ***Granthiparṇa***, ***Elavāluka***, ***Guggulu***. ***SarjaRasa***, ***Turuṣka***. ***Kunduru***, ***Aguru***, ***Spṛikka***, ***Uśīra***, ***Devadāru***, ***Keśara***, ***Nāgakeśara***, ***Kamala Keśara***.

Elavāluka - Aloe - Aloe vera Linn. A herb.

Eliyaka - Socotrine alves, a medicinal plant.

Endari - A type of pastry prepared by steam-boiling.

Eraṇḍa - Castor–oil plant. Ricinus Communis, Linn. R. dicoccus.

Eraṇḍa-Karkaṭī - Papaya.

Eraka - Typha angustata Typha elephanti, a medicinal plant.

Eṣaṇa - A type of surgical management, means probing.

Fānṭa - Hot infusion. In this process the coarsely powdered drug is poured into hot water and meshed by hand. Finally the water is strained and the ***Fānṭa*** is thus obtained.

Fenameha - Pheumaturia.

Fuffuśīya Dhamanī - Pulmonary artery.

Fuffus - Lung.

Gaṇa– Group. May be a group of drugs with similar properties or which perform a specific function together, eg. - ***Drāvaka gaṇa***, ***Maraka gaṇa*** etc, Also called ***Varga***.

Gaṇḍa 1 - Custard Apple. Sugar Apple. Annona Squamosa, Linn.

Gaṇḍa 2 - Adenities. Tumour on the side of the neck or goiter.

Gaṇḍamāla - Scrofula, Chronic. Lymphadenitis. ***Gaṇḍamāla*** is a disease in which numerous glands of the size of jujube appear in axilla backsides of neck and groin, which suppurate slowly. The chronic stage of this disease is termed as ***Apācī*** in which pus discharge occurs from the glands.

Gaṇḍamālaka - An aquatic bird.

Gaṇḍapuṣpa – ***Aśoka*** Tree. Saraca Indica, Linn.

Gādyana / ka - Unit of weight. Approx. 6 gm.

Gadapūrṇā - Musk–mallow. Hibiscus Abelmoschus, Linn. A plant species.

Gadgada / tva - Falling speech or stammering.

Gadyānaka- Unit of weight equivalent to six ***māṣas***.

Gairika - Red ochre. Hematite. Morrom.

Gairika, svarṇa - Ochre, yellow shade.

Gaja - Elephant.

Gaja Puṭa - A pharmaceutical process. Dig a pit having 92cms. length,

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breath and depth in the ground. Fill it with dried cow dung cakes and place the ***Mūṣā*** (the herb pot) in the centre. Prepare the medicine in the same manner as described in ***Mahāpuṭa***.

Gajapippalī - Scindapsus Officinalis, Schott. A plant species.

Gala graha- Obstruction in the throat.

Gala Roga - Diseases of throat.

Gala śundi /kā - Tonsillitis.

Gala- Throat.

Gala vidradhi - Name of a disease in which an elevated swelling afflicts the entire throat.

Galāpāka - Suppurated inflammation in the throat.

Galāyu - Tonsillitis. In the throat there is a small, round, mass of tissue known as tonsil. Its inflammation is known as ***Galāyu***.

Galagaṇḍa - Goitere; Bronchocele; tumour on the side of the neck.

Galagolikā - A snake like quadruped.

Galagraha - Acute swelling inside throat.

Galagranthi - Antiades.

Galaśuṇḍikā - Tonsilitis.

Galaugha - Tumour in throat. Tumour in the ***Galaugha*** is a highly inflamed condition of the throat characterized by obstruction to the passage of food and water, high fever and difficulty in breathing.

Galit kuṣṭha - A type of leprosy in which toes and fingers are fall off.

Gambhārī - Gmelina Arborea, Linn. A plant species.

Gambhīra- Deep-seated (fever).

Gambhīra hikkā - A type of hic-cup which takes its origin from the navel region. It is associated with dyspnoea and coughs and several other complications.

Gambhīra pāka - Inside deep suppuration.

Gambhīraka - Name of an eye-disease associated with deep-seated pain.

Gamya- Ladies with whom sexual intercourse is not prohibited.

Gaṇḍirā - Triangular spurge. Euphorbia Antiquorum, Linn.

Gaṇḍu – gargle.

Gaṇḍu pāda - Earth-worm.

Gaṇḍuṣa - Gargling or rinsing therapy or keeping and holding medicated liquids in the mouth.

Gandha Roga - Bed smell of the body.

Gandha Tṛiṇa - Verbena.

Gandhātrīṇa - Rohish Grass.

Gandhagātra - Custard Apple. Sugar Apple. Annona Squamosa, Linn. A plant species.

Gandhaka – Sulphur.

Gandhakāśma - Brimstone.

Gandhamāla - Name of a skin-disease characterized by a vesicular eruption like a bubble.

Gandhamārjāravīrya - The plant Civet.

Gandhana - Vomitting swallow–wort. Asclepias Asthmatica. A plant species.

Gandhaniryāṣa - Extract of flowers producing a fragrant smell.

Gandhapānīya - Fragrant drink.

Gandhapāṣaṇa - Sulphur.

Gandha–panirajaka - Ocimum Album. A plant species.

Gandhapatraka - Eucalyptus.

Gandharāja - Gardenia Florida, Linn. A plant species.

Gandharva - A group of celestial dancers.

Gandharva hasthah - Castor–oil plant. Ricinus Communis, Linn. R. dicoccus.

Gandhatoya - Fragrant water.

Gandhodaka - Aromatic water.

Gangeruki - Greuria papulifolia. A plant species.

Gangva - Tiger's Milk Tree. Ebcoecaria Agallocha, Linn.

Ganikarika - Clerodendron Phlomoides, Linn. A plant species.

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Ganjikā - Indian Hemp. Cannabis Sativa, Linn. A plant species.
Gara viṣa- Artificially prepared poisons.
Garala - Snake venom or ***vatsanābha***.
Garbha - Uterus.
Garbha duṣṭi- Affliction of the foetus.
Garbha Ghātini - Embryo killer, producing abortion, the poisonous plant Methonica superba.
Garbha Nāḍi - The umbilical cord.
Garbha śrāva - Abortion, miscarriage.
Garbhākṣepa - Eclampsia.
Garbhāśaya - Womb.
Garbhāśaya Sāmaka - Uterine sedative.
Garbhāśaya Samkocaka - A drug that causes the contraction of the uterus.
Garbhakara - ***Putrañjīvā*** Roxburghii, Wall. A plant species.
Garbhanāsā - Miscarriage.
Garbhapāta - Abortion.
Garbha-śanku - Blunt hook and crotchet.
Garbhasrāva - Premature expulsion of the fetus during the first four months of pregnancy is known as ***Garbhasrāva***.
Garbhiṇiroga - Diseases of pregnancy.
Gardabha - Donkey.
Gardabhī - She donkey.
Gardabhī /ka - Name of a skin-disease characterized by tumour with several eruptions.
Gargara - A kind of fish. The Carrot. Daucus Carota, Linn. D.Vulgaris.
Garjara - Daucus carota, a medicinal plant.
Gaurī - Saffron; Turmeric. Curcuma Longa, Linn.
Gavaya - A species of ox.
Gavinikā - The groins (or another part of the body near the pudenda).
Gavya / Ga/ Go - Cow / of cow.
Ghana - A solid substance.
Ghana Pāśāṇa - Meteoric stone.
Ghanasatva - This is the solid extract of any drug prepared by boiling the drug in water or some other liquid reducing the same to half or one forth as required, and after filtering it is again boiled to make it into solid shape.
Ghanibhavan - Making a lump.
Gharṣaṇa- Rubbing.
Ghaṭa 1 - Thyroid region.
Ghaṭa 2 - Unit of measurement. Approx. 12.288 ml.
Ghaṭaka - A tree that bears fruits without flowering.
Ghaṭī - A measurement of time, about 24 minutes.
Ghaṭikā- Unit for the measurement of time equivalent to 24 minutes.
Ghaṭṭana - To rub; to move; to agitate.
Ghati yañtra grahaṇī - A type of Sprue-syndrome.
Ghṛiṣṭa- Abrasion (wound).
Ghṛiṣṭi - To powder something.
Ghṛiṣṭi kṣīra - **Milk of the cow after first delivery.**
Ghṛiṣṭikṣīra - milk of a cow after first delivery.
Ghṛita - Syn. of ***Ghṛitam*** or ***Ghee***. Clarified Butter.
Ghṛita Karañja - Caesalpinia Bonducella. Roots, seeds, fruits of this plant are used.
Ghṛita Kumārī - Indian alces. Aloe Indica. A plant species.
Ghṛita pāka - This is that kind of medicinal preparation in which a special procedure of ***Ghṛitapāka*** has to be followed. The following things are generally required for ***Ghṛitapāka*** - ***Kāṣāya*** or ***Svarasa, Kalka, Ghṛitam***.
Ghṛita pāna- Intake of medicated ghee.
Ghṛitam - Clarified butter.
Ghurghuruka - Deep snoring type of sound.
Ghūsar - Camphor. ***Bhīmsenī*** camphor (natural); Borneo–camphor.
Gidmitva - Slow gait.

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Gilāyu - See ***Galāyu***.
Girijā - Brtanun.
Girikarṇikā - Clitoria ternatia, a medicinal plant.
Girimallikā - Kurchi, Conessi or Tellicherry Bark. A plant species.
Giriparpaṭa - Podophyllum hexandrum, a medicinal plant.
Girisindūra - Red oxide of mercury.
Glāni- A condition of fatigue characterized by drowsiness, stiffness in the cardiac region, giddiness and loss of appetite. It is also a Syn. of ***Klāma***.
Glanthika jvara - Plague.
Go pitta- Cow-***pitta***.
Go Rasa - Milk.
Goṇi- Unit of measurement; equivalent to four ***droṇa***s.
Gocarṇa - A measure of land, approximately 300 x 10 feet.
Godantī - Gypsum.
Godhā - Iguana.
Godhikā - A kind of lizard or alligator.
Godhikā - Lizard.
Godhūma - Wheat. Triticum Sativum, Lam.
Gojihivā - Prickly–leaves elephant's foot. Elephantopus Scaber, Linn.
Gokāntaka - See ***Gokṣura***, a medicinal plant.
Gokarṇa - Mule.
Gokara - A kind of fish.
Gokṣura 2 - Small caltrops, Tribulus terstris. The term literally meaning 'cow scratchier'. This is in reference to its spīnascent fruit that stick to the grazing cows.
Golaka - Round bolus form.
Golangula - A low tailed black monkey.
Gomakṣikā - Gadfly.
Gomatsya - A kind of river fish.
Gomaya - Cow dung.
Gomeda - Zircon.
Gomūtra - Cow's urine.
Gophaṇa - Sling bandage. A type of equipment.
Goraṇi - Cluster bean. Field vetch. Cyamopsis Psoralioides, DC. A plant species.
Gorakṣa - Dalkbergia lanceolaria, a medicinal plant.
Gorakṣa cinca - Adansonia digitata, a medicinal plant.
Gorava - Cow dung.
Gorava Puṭa - A pharmaceutical process. ***Mūṣā*** (the herb pot) fried by placing in the centre of a bigger vessel that is filled with cow dung dust (***Gorava***) is known as ***Gorava Puṭa***.
Gorocana - Pineal body of cow, gallstone of cow.
Gosphana - Like cows head, with two upwards elevations.
Gostanī muṣā - An apparatus of the shape of cow-udder.
Goṭubha - An aquatic bird.
Gourī pāṣāṇa - Arsenic trioxide.
Gṛīṣmasundara - See ***Droṇapuṣpī***, A plant species.
Gṛīṣmasundara Parpaṭaka - Mollugo Cerviana, Ser. A plant species.
Gṛidhiri - She-vulture.
Gṛidhra - Vulture.
Gṛidhraṇī - Worm–killer. Birthwort. Aristolocha Bracteata, Retz. A plant species.
Gṛidhranakhī - Capparis sepiaria, a medicinal plant.
Gṛidhrasī - Sciatica. The pain that starts from lower back and runs through anterior surface of thigh, medial aspect of the lower leg and medial side of foot is called ***Gṛidhrasi***.
Gṛiha dhūma - Kitchen smoke (these days the tradition of cooking on wood is waning fast. In absence of the carbon deposit obtained from traditional kitchens physicians are these days using

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dust of coal in place of ***Gṛiha dhūma***).

Gṛiṣma–sundaraka - Mollugo Spergula, Linn.

Grāhī - Drugs which cause obstruction to the physiological motionsof organs in the body. Generally, it means a drug that solidifies the liquid stools.

Grāsa 1 - A morsel.

Grāsa 2 - A substance which is put in to the ***pārada*** during various processes, especially ***jārana***. Both, the substance and even the process is called '***grāsa***'. Normally the substances like ***abhraka***, ***gandhaka***, ***svarna*** etc, are used as '***grāsa***'.

Graha - Planets or Evil spirits.

Grahaṇa - Catching. Holding.

Grahaṇī 1 - An anatomical part—small intestine, particularly duodenum.

Grahaṇī 2 - Chronic diarrhoea, sprue syndrome. A disease in which patient is unable to digest his food properly and passes it out frequently through motionsin the undigested or digested form with foul smell.

Grahacikitsā - Psychological Medicine, one of the eight branches of Ayurveda. Also known as ***Bhūtavidyā***.

Granthi 1 - Bermuda grass. Dog grass. Cynodon Dactylon. A plant species.

Granthi 2- Lymphadenitis or enlarged glands; also small tumours.

Granthi vāta - Affliction of lymph glands by ***vāta***.

Granthi visarpa - A type of ***visarpa*** (erysipelas) associated with the chains of enlarged glands or small tomours (***granthis***).

Granthikam - Dried catkins. Long–Papper. Piper Longum, Linn.

Granthivāta - Affliction of lymph glands by ***vāta***.

Grasika - Esophagus.

Grathita - Name of a venereal disease associated with growth.

Grīvā - Neck.

Grīvā stambha - Stiffness of the neck.

Grīvāsthi - Neckbone.

Guṇa– Property or quality of a substance, particularly the pharmacological property. This can also be called physico-pharmacological property, upon which the action of the drug depends. These ***guṇas*** are 20 in number. They include:.

Guṇa-Karma– The physico-pharmacological properties and actions (of a mineral or a formulation).

Guḍa - Jaggery or Jaggery based drug preparation.

Guḍāmbu or ***guḍodaka*** - Water treated with jaggery.

Guḍamāra - The plant Gymnema sylvestra. A herbal species. Its leaves, roots and seeds have been noted as an effective medicine against ***prameha*** (i.e. urinary disorders including diabetes).

Guḍikā - Pill.

Guḍodaka - Jaggery water.

Guḍūcī - Tinospora Cordifolia, Miers. A plant species.

Guḍūcyādi Gaṇa - Group of herbs including ***Guḍūcī***, ***Nimba***, ***Kustumburu*** (***Dhānyaka***), ***Candana***, ***Padmaka***.

Gudā - Anal.

Gudā Bhramśa - Prolapsed rectum.

Gudā cīra - Anal fissure.

Gudā kṛimi - Parasites in the anal region.

Gudā Nalikā - Anal canal.

Gudā pāka - Cooking drugs into a thick syrup or confection form with the help of jaggery (also sugar); the final stage of such cooking.

Gudā stambha - Anal column.

Gudāmārga - Anal canal.

Gudāpāka - Proctitis of the anus.

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Gudabhramśa - Prolapsed anus.
Guda-chara - Anal fissure.
Guda-vidradhi - Rectal abscess.
Gudottha - Piles.
Guggulu 1 - Bdellium or the exudation of Amyris Agallochum (A fragrant gum resin, used as a perfume and medicament).
Guggulu 2 - The recipe that consist of ***Guggulu*** is also called ***Guggulu***.
Guhya deśa - Genital and anal regions.
Gulma - Swelling or abdominal tumour. ***Gulma*** is a condition in which a round, motile or nor-motile swelling like a gland appears in the abdomen. It changes its size from time to time.
Guñjā 1 - Jequirity; Indian or Jamaica or Wild Liquorice. A plant species.
Guñjā 2 - Unit of weight equivalent to 125 mg. Approximately (= 3 ***Yava*** also).
Gurupākī - Edibles that are heavy to digest.
Guṭikā - ***Guṭikā***s are pills or pills made out of various drugs.
Gūthaka - Wax in ear.
Haimavatī - Yellow thistle; Prickly or Mexican poppy. Aregemone Mexicana. Linn. A plant species.
Haiyangavina - Freshly collected butter.
Halīmaka - Name of a disease, a serious type of jaundice.
Hallāka - Water Lily. Nymphaea Lotus, Linn.
Hamsa - Swan.
Hamsāmbu - Syn. of ***Hamsodaka***. The water that is collected from the sky directly is called ***Hamsodaka***. According to the ***Aṣṭāñga Hṛidaya***, ***Hamsodaka*** is the water which becomes hot by exposure to sun during day time and cold by exposure to moon at night.
Hamsapādi - Adeantum venustum Adeantum lunulatum, a medicinal plant.
Hanḍikā yañtra - See ***Bālukā Yañtra***.
Handaru - Capparis Horrida, Linn.
Hanu - Lower jaw - mandible.
Hanu mokṣa - Dislocation of jaw.
Hanugraha - Name of a disease-stiffness of jaw-bones or lock-jaw.
Hanvasthi - Mandible.
Hapuṣa - Black–pepper. Decorticated pepper. Common pepper. Piper Nigrum, Linn.
Haraḍa - Adina Cordifolia, a medicinal plant. One of the three herbs of ***Tṛiphalā***.
Harasingāra - Nyctanthes arbortristis Linn.
Haratāla - Orpiment, arsenic trioxide.
Harītakī - The term literally meaning 'greenish yellow'. This is in reference to the colour of the mature fruit, which is the officinal part of the plant. One of the famous three herbs, i. e. the ***Tṛiphalā*** (other two drugs include ***Āmalakī*** and ***Vibhītaka***). Chebulic Myrobalan.
Haridrā 1- The term literally meaning 'giving yellow'. Turmeric. Curcuma Longa, Linn.
Haridrā 2 - Yellow.
Haridrādi Gaṇa - Group of herbs including ***Haridrā***, ***Daruharidrā***, ***Kalasī*** (***Pṛiṣṇiparṇī***), ***Kuṭajabīja***, ***Madhuka***, (***Madhuyaṣṭī***).
Haridrāmeha - Haemoglobinuria.
Harikāsa - Holy leaved Acanthus.
Harimantha - Premna Integrifolia, Linn.
Haritāla - Orpiment.
Haryātu - Barium.
Hasta - Unit of measuring length equivalent to 45.72 Cm.
Hasta 1 - (Units of linear measurements) cubit - 18 inches/38 cms.
Hasta 2 - Hand.
Hasta anguli - Phallenges.
Hasta kampa - Trembling of hands.
Hasta Kūrca - Metacarpals.

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Hasta tāla - Carpals.
Hasti - Elephant.
Hastikarṇa - See ***Plāśa***, a medicinal plant.
Hastikarṇi - Colocasia Macrorrhiza, Schott. A plant species.
Hastipippalī- See ***Gajapippalī***.
Hastiśuṇḍa - Heliotrope. Heliotropium Indicum, Linn. A plant species.
Hastiśundi - Heliotropium indicum, a medicinal plant.
Haṭaka - Nāgakeśara.
Hatadhimantha - Name of an eye-diseases associated with excruciating pain.
Hataujaṣa- A stage of ***abhinyāsa*** type of ***sannipāta*** fever in which the patient is extremely emaciated and there is excessive sleep.
Havana - Holy fire rituals.
Hayapucikā - Glycine Labialis, Linn. A plant species.
Hemā - 10 gm. approximately. (A unit of measurement.).
Hemanta - Early winter.
Hemapuṣpikā - Jasminum Humile, Linn. A plant species.
Hemasāra - Copper Sulphate.
Hetu- Causative factor.
Hetu viparīta- Factors opposed to the cause of the disease.
Hetu viparītarthakārī- Factors which are not opposed to the cause of the disease but they work like that.
Hetu-vyādhī viparītarthakārī- Factors which have the attributes similar to both the causative factors and disease but they work as curatives.
Hīraka - Diamond.
Hijjala - Samudra phena. Tech. Barringtonia Acutanguala. A plant species.
Hikkā - Hiccough. This is a state of intermittent spasm of diaphragm accompanied by sudden closure of glottis. It may be caused by stimulation of sensory nerve endings.
Hima - Cold infusion. In this process, the powdered drug or drugs are kept into cold-water pot for overnight. To obtain a Hima, place cleaned and washed drug in ***Yavakūṭa*** (cut to small pieces) form, in an earthen glass or porcelain vessel. Add six times its weight of water into the pot; allow the drug to macerate overnight. Next morning crush the pulp with fingers and strain it through washed muslin, use the liquid as ***Hima***. It is also called ***Śīta Kaśaya***.
Hima kāṣāya - Cold decoction.
Himavāluka - Camphor.
Himsāgara - Country borage. Coleus Aromaticus, Denth.
Hinḍtala - Phoenix Peludosa.
Hingu - Asafoetida. (Ferula narthex). ***Niryāṣa*** (Gum) of the plant is used.
Hiñgula– ***Hiñgula***, ***Darada***, ***Śukaṭundaka***, ***Raśvagandhaka sambhūta*** and ***Daityaraktaka*** are synonyms of ***Hiñgula***. It is ore of mercury, which is known as Cinnabar.
Hiñgulottha pārada– Or ***pārada*** that has been extracted from ***hiñgula*** (Cinnabar). ***Hiñgula*** is triturated with the juice of ***Jambīra*** and subjected to sublimation process by which pure and clear ***pārada*** is obtained. This ***Pārada*** is free from ***Kancuka doṣas***, like ***Nāga*** and ***Vanga*** etc. This ***Pārada*** can be used in all kinds of mercurial operations without subjecting it to ***Aṣṭasamskāra*** process of purification.
Hingupatrī - Corchorus antichorus, a medicinal plant.
Hirṇya - Gold (one of the minerals mentioned in the Ayurvedic texts).
Hita- Useful, wholesome. It is used as a Syn. of drug or therapy.

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Homa- The ritual of offering oblation to fire.
Hṛallās - Vomitting tendencies.
Hṛibera - Colius vettiveroides, a medicinal plant.
Hṛid graha - Feeling of stiffness in cardiac region.
Hṛidaya- Chest or cardiac region.
Hṛidaya roga- Heart disease.
Hṛidayada - One of the twenty varieties of parasites.
Hṛiddāha - Burning sensation in the cardiac region.
Hṛiddrāva - Tachycardia.
Hṛidroga - Diseases of heart.
Hṛillāsa- Nausea.
Hṛinmoha - Cardiac irregularity or heart block.
Hṛit kampa - Palpitation.
Hṛit śūnyatā - Feeling of emptiness in the heart.
Hraṣvāyādya - Name of an eye-disease associated with smallness and stiffness of the pupil.
Humād - Agallochum.
Hyamāraka - Sweet ***Indrayava***.
Ikṣavāku - Bitter gourd. Used for medicinal purpose.
Ikṣu - Sugar cane. Saccharum Officinarum, Linn.
Ikṣugandhā - Small Caltrops. Tribulus Terrestris, Linn. A plant species.
Ikṣumeha - Glycosuria.
Ikṣupāka - Jaggery.
Ikṣuraka - Asteracantha longifolia, a medicinal plant.
Ikṣuvalikārasameha - Glycosuria. In it hemoglobin level falls below normal.
Ikṣvāku - Lagenaria siceraria, a medicinal plant.
Ilya - Iitisa or Hilsa fish.
Iñcaka - A shrimp or prawn.
Iñdhana - Worm–wood. Mugwort. Artemisa Absinthium. Lenn.
Indīvara - Blue lily. Nymphia stellata. Egyptian or Sacred Lotus. Nelumbium Speciosum, Wilk.
Indra basti - Name of a ***marma*** (vital place in the body) located in the calf-region (13 ***angulas*** above the ankle joint) and in the fore-arm.
Indra gopa- Red insect found during rainy season; the insect cochineal of various kinds.
Indra vṛiddha - Name of a skin disease characterized by a growth having many eruptions in the centre.
Indrāṇi - See ***Nirgunḍī***, a medicinal plant.
Indrāśāna - See ***Vijayā***, a medicinal plant.
Indrabīja - Synonum of ***Kuṭaja***.
Indralupta - Serious type of baldness.
Indravāruṇī - Big eggplant. Cirullus colocynthis.
Indrayava - ***Kuruchi*** seed, Holarrhena antidysenterica Wall. A herbal plant.
Indriya - Motor and sensory organs.
Indukānta - Synonym of ***Candrakānta*** i. e. Moonstone.
Induparṇi - Thick–leaved lavender. Anisochilus Carnosus, wall.
Iñgudi - The Heart pea plant. Balanites aegyptica (Hingote), Zacchum oil plant.
Iñgudi vṛikṣa - Baranites Roxburghii, Planch.
Irimeda - Acacia leucopholoca, a medicinal plant.
Irivellika - Name of a skin disease associated with an eruption in the head.
Iśadgola - Plantago ovata Forsk. A plant species.
Iśaramūla - Aristolochia Indica. A plant species.
Iśavarī - The plant Aristolochia indica Linn.
Iṣṭaka - The dust of backed bricks.

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Iṣṭaka mṛittikā - Powder of bricks. Same as ***Iṣṭaka***.

Iṣṭi homa - Offering oblations to fire.

Iṣvara - Torch tree. Ixora Parviflora Vahl.

Iṣvarī - A medicinal plant. Indian birthwort. Aristolochia Indica.

Itra - Scented liquid.

Jāla - Net-like structures in the body. 16 in number as per Ayurveda.

Jāla Brāhmī - The plant Bacopa monnieri penn. All parts of plant are medicinally used.

Jāla gardabha - Name of a disease in which swelling spreads like erysipelas.

Jāla mahābhūta - One of the five basic elements (***mahābhūtas***) composing the universe. ***Jāla Yañtra Gṛiha*** - A house which is cooled by flow of water over it.

Jāla Nimba - Bacopa monnieri penn. All parts of plant are medicinally used. Synonym of ***Jalabrāhmī***.

Jālakagardabha - Fever, due to suppuration.

Jālaśuka - An aquatic insect.

Jālauka - Leech.

Jālauka pātana - Application of leeches.

Jālini - See ***Kāsanki***, a medicinal plant.

Jāngala - Animals dwelling in arid-land. Arid land.

Jāngala - Type of animals - inhabiting arid land.

Jānu - Knee-patella.

Jānu bheda - Cracking of knee joint. Bowlegs.

Jānuviśleṣa - Knock-knees.

Jānūdaya - Knee presentation (delivery-related terminology).

Jārana 1- Digestion; cooking.

Jārana 2 - Process to purify minerals.

Jārata pitta - Over metabolic transformation of ***pitta***. A synonym of ***pariṇāma śūla***.

Jāṭharāgni - Digestive juices in the stomach.

Jāṭharāgnivikāra - Morbid appetite.

Jātī - Jassminum officinale, a medicinal plant.

Jātī vṛikṣa - The term literally meaning 'a caste' i.e. high-grade tree. An aromatic spice to be added for ***pānaka***, a syrup or a cool drink. Myristica fragrans.

Jātīkoṣa - Nutmeg.

Jātīphala - Nutmeg. Myristica Fragrans, Houtt M. officinalis, Linn.

Jātīphala Taila - Macene.

Jātipatrī - Spanish jasmine. Myristica fragrans.

Jātumani - Name of a skin-disease characterized by circular and painless patches.

Jāvitrī - ***jātīkośa***, ***Jātīphala***, Myristica fragrans. Seeds used in preparations.

Jaḍa - Aphasia.

Jaḍatā - Loss of ability to move.

Jaḍya- Rigidity of the body.

Jala–Brāhmī - See ***Jāla Nimba***.

Jalada - Clearing nut tree; Strychnos Potatorum, Linn.

Jalaj - Animals born in water.

Jalakukkuṭa - Aquatic cock.

Jalakumbhī - Pistia stratiotes, a medicinal plant.

Jalanirgunḍī - Indian Wild Pepper. Vitex Trifolia, Linn.

Jalapāda - A web-footed bird.

Jalasūkara - Water boar.

Jalavetasa - Salix tetrasperma, a medicinal plant.

Jala-vṛiṣana - Hydrocele.

Jalayūka - Leech.

Jalimani - Cocculus Villosus.

Jalodara - Ascites. Accumulation of fluid in the (peritoneum of) abdomen.

Jambavoṣṭa - A type of instrument used for cauterization.

Jambavoṣṭha śālakā - Rod/stone for hitting, beating, etc, a surgical instrument.

Jambhukī - A kind of jackal.

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Jambīra - Acid Lime. Bergamot orange. Sour–lime of India. Citrus Limon.

Jambīra Tṛiṇa - Lemon grass or Cymlospogan citratus. All parts of plant and its oil are used in medicine preparations.

Jambū or ***Jambūla*** - Black Plum. Blackberry. Eugenia Jambolana.

Jangama Viṣa - Poisioning from animals and animal products.

Janghā - Calf region. Foreleg-tibiafibula.

Janmajāta - Congenital.

Japa - ***Cīna*** or Chinese Rose or Shoe–flower plant. Common Garden Hibiscus.

Japāpuṣpa - See ***Japa***.

Jara kāsa - Cough of an old person.

Jartila - Wild resamum. A plant species.

Jaṭā - Borax.

Jaṭākastūṛikā - Musk–mallow. Hibiscus Abelmoschus, Linn.

Jaṭhara - Abdominal diseases.

Jaṭila - Sweetflag. Acorus Calamus, Linn. A plant species.

Jaṭilodaya - Compound presentation (delivery-related terminology).

Jatāmāmsī - Nardostachys jatamansi, a medicinal plant. Muskroot; Indian Spikenard.

Javaśira - Galbanum. Ferula Galbaniflua, Boiss et Dushe.

Jayā - The term literally meaning 'victorious'. A herbal species. Avicennae, Gaertn.

Jayantī - Sesbania Aegyptica. Its root, bark, leaves and flower used in various medicines.

Jayapāla - A medicinal plant. Purgative croton; Croton–oil seed. Croton Tiglium, Linn. Synonym of ***Jātīphala***.

Jenapavera - Sunn Hemp or Sann Hemp. Crotalaria Juncea, Linn.

Jhasa - A large fish.

Jhinguka - Sharp cornered cucumber. Towel Gourd. Luffa Acutangula. A plant species.

Jhinjhinī - A ***vātika*** disease which produces numbness and tingling sensation.

Jhinṭi - Barleria Cristata, Linn.

Jīmūta - An aquatic bird.

Jīrṇa - Chronic.

Jīraka - Cumin. The term literally meaning 'digestive'; from the root *jr*. This is in reference to the well-reputed action of the plant in digestion.

Jīva-dravya - Vitamins.

Jīvajīvaka - Pheasant.

Jīvaka - The plant Microstylish wallichii Lindl.

Jīvani - Dendrobium Macrael, Lindl.

Jīvanīya 1- A drug that improves the vitality. Nutrient.

Jīvanīya 2 - Dendrobium Macrael, Lindl. A plant species.

Jīvanīyagaṇa - Group of medicinal herbs including ***Vimarśa*** (Taramnush Labialis), ***Mudgaparṇī*** (Phaseolus Trilobus), ***Jīvantī*** (Dendrombium Macrace), ***Madhuka*** (Liquorice Root).

Jīvantī - Ink Nut. Indian gall–nut. Gallnut. Terminalia Chebi. A. Retz.

Jīvītadhāma - Seats of life - 10 in number as per the Ayurveda.

Jihvā - The tongue.

Jihvā graha - Stiffness of tongue.

Jihvāka- One of the thirteen varieties of ***sannipāta*** fever.

Jingini - Odina Wodier, Roxb. A plant species.

Jivanu - Bacteria.

Jṛimbha- Yawning.

Jūpha - Hyssopus officinalis Linn. A herbal plant.

Jvara - Fever (pyrexia).

Jvarātisāra - Fever associated with diarrhoea.

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Jvarhara - Antipyretic.

Jyotiṣmatī - Celastrus Paniculatus. A plant species. Leaves, seeds and oil used.

Kaṇṭaphala - Jackfruit.

Kaṇṭha - Gullet; Throat.

Kaṇṭha kubja- One of the thirteen varieties of ***sannipāta*** fever.

Kaṇṭha Roga - Disease of throat.

Kaṇṭha śalukā - Name of throat-disease in which small and hard tumour appears in the throat.

Kaṇṭha śuni - Name of a palate-disease characterized by an elongated swelling at the root of the palate.

Kaṇṭhanāḍi - Trachea.

Kāca 1 - Glass.

Kāca 2 - Name of an eye-disease, similar to cataract.

Kāju - Anacarduim occidentale. Bark, fruit and oil used in medicinal preparations.

Kāka - Crow.

Kākaṇa Kuṣṭha - A type of ***kuṣṭha*** (obstinate skin-disease) associated with excessive pain and suppuration.

Kākaṇanti - Fruit of ***guñjā*** or Abrus prefatorius which is red in colour.

Kākadumbura - Ficus Hispida, Linn.

Kākajanghā - Leea aequqta Linn. A herbal plant.

Kākajembu - Memecylon Angustifolium.

Kākalaka - Hyoid bone.

Kākamācī - Solanum Nigrum or Indicum. All parts of plant are used in medicines.

Kākamāṛi - Anamrita cocculus. Fruit of this plant is used in medicines.

Kākamukha Yañtra - Crow beak like surgical instrument.

Kākanāsa - Physalif minima, a medicinal plant.

Kākanāsikā - Indian Berry; Fishberry. Cocculus Suberosus.

Kākaphala - Anamirta Cocculus.

Kākaṣa - Opium Poppy Capsules; White Poppy; Poppy Seeds. Papaver Somniferum, Linn.

Kākatindu/ka - Diospytos melanoxylon, a medicinal plant.

Kākdāni - Capparis Sepiaria, Linn. A plant species.

Kākī - She-crow.

Kākinduka - Diospyros Tomentosa. Roxb. A plant species.

Kākodumbara - ***udumbara*** fig, Ficus rumphii. A plant species.

Kākolī - Gymnema Balsamicum. A plant species.

Kākolyādi Gaṇa - Group of herbs including ***Kākolī***, ***Kśīrakākolī***, ***Jīvaka***, ***Ṛisbhaka***, ***Mudgaparṇī***, ***māṣaparṇī medā***, ***Mahāmedā***, ***Guḍūcī***, ***KarakataŚṛingī***, ***Vanśalochana***, ***Padmaka***, ***Śveta Kamala***, ***Ṛiddhi***, ***Vṛiddhi***, ***Drakśa***, ***Jīvantī***, and ***Madhuka***.

Kākolyādi gaṇa- Group of drugs.

Kāla 1 - Time.

Kāla 2- Name of the god of death.

Kāla Jvara- Fever occurring on specific days and time.

Kālāgni - Fire which can burn every thing.

Kālaklitaka - Indigofera Argentea, Linn. A plant species.

Kālalavaṇa - Black Salt, compound of sodium chloride, sodium sulphate. traces of iron and sulphur.

Kālameṣi - Turpeth root. Indian Jalap. Ipomoea Turpethum, Br.

Kālskandha - Palmyra tree.

Kāma- passion.

Kāmākṣī - Indian Bread–shot. Canna Indica, Linn.

Kāmalā - Jaundice. It is yellowing of skin and sclera of eye.

Kāmalatā - Cupid's Flower. Ipomoea Quamoclit, Linn.

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Kāmarakha - Averrhoe Carambola Linn. Its fruit and leaves used in medicinal preparations.

Kāmsya -Bronze– ***Kāmsya*** is a ***miśraloha*** of ***Tāmra*** and ***Vanga***. In earlier days 8 parts ***Tāmra*** and 2 parts of ***Vanga*** were being added to produce ***Kāmsya***. Its syns. Include ***Ghoṣa***, ***Ghoṣapuṣpa***, ***Dīptaloha***, ***Vahni lahhaka***, ***Souraṣṭraja***, etc.

Kāmsya pāka - Method followed for the preparation of the ***bhasma*** of ***kāmsya*** (bronze).

Kānḍa - Shaft of the bone.

Kānḍa-bhagna - Fracture. Breaking of the bone is known as ***kānḍa-bhagna***.

Kānji - ***Kānji*** is a sour or fermented liquid preparation of a cereal or a pulse.

Kānjika - Syn. of ***Kānji***.

Kānkelli - ***Aśoka*** Tree. Saraca Indica, Linn.

Kānsya - Bronze.

Kānta - See ***Priyangu***, a medicinal plant.

Kānta Lauha - Cast iron.

Kānta Pāṣāṇa - Magnate stone.

Kāraṇa- Causative factors.

Kāraṇatā - Causation.

Kāravella / ka - Bitter gourd. Momordica Charantia, Linn.

Kārvellaka - Bitter gourd, Momordica charantia.

Kāśīphala -Yellow pumpkin.

Kāśīśa - Green vitriol. ***Kāśīśa*** is also known as ***Dhātu Kaśīśa***, ***Khecara*** and ***Dantarañjana***, ***Khaga***, ***Pamśuka***, etc. ***Kāśīśa*** is a compound of iron and sulphur, it being a sulphate of iron.

Kāśmarī - Gmelina arborea, a medicinal plant.

Kāṣa - Saccharum spontanum Linn. A plant species.

Kāṣāya - (a) Astringent taste. (b) Decoction.

Kāṣāya - 1. Astringent. 2. Decoction.

Kāṣāyabha - Reddish brown in colour.

Kāsa - Broncitis. Cough.

Kāsa 2 - Thatch grass. Saccharum Spontaneum.

Kāsa bījam (seeds) - Opium Poppy Capsules; White Poppy; Poppy Seeds. Papaver Somniferum, Linn.

Kāsa-hara - Antibechic.

Kāsamarda - Negro Coffee. Cassia occidentalis, Linn.

Kāsaundi - Cassia Sophera. Leaves, bark and seeds of the plant are medicinally useful.

Kāyāgni - Enzymes responsible for digestion and metabolism in the body.

Kāyacikitsā - Internal medicine.

Kāyastha - ***Sambhālu*** A plant species.

Kacchaikā– Name of a skin-disease characterized by five or six serious type of eruptions.

Kacchū - Name of a skin-disease associated with itcing and pustule eruptions.

Kadalī - Plantain or Banana. ***Muṣā*** Sapientum.

Kadalīpuṣpa - Flowers of plantain tree.

Kadamba - A plant species. Br***yoni***a Epigoea, Rottl.

Kadara - Corn in the sole of the foot.

Kaidarya - Murraya Koenigu, a plant species.

Kaidaryama - Box Myrtle. Bay–Berry. Myrica Nagl, Thunb.

Kaina granthi- Inflammtion of the gland at the base of the ear.

Kaivarta Mustaka - Celosia Argentea Linn.

Kajjala- Black paste. Take ***śuddha*** (pure) ***pārada*** in mortar and gradually add to it equal parts of powder of purified ***gandhaka*** (śulphur) in its prescribed ratio. Triturate it with pestle, till globules of mercury disappears and fine homogeneous black powdered is

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made. The resultant mixture is known as ***Kajjalī*** or ***Kajjala***.

Kakeruka - One of the twenty varieties of parasites.

Kakṣa 1 - Name of a skin-disease characterized by black vesicular eruption in arm, etc.

Kakṣa 2 - Axilla (bone - confluence).

Kalā - Membranes, 7 in number as per the Ayurveda.

Kalāya - Pisum sativum, a medicinal plant. Field Pea. Pisum Arvense,.

Kalāya khanja - A ***vātika*** disease. In this condition there is trembling in the lower limbs when the patient walks.

Kalamba - Jatrorrhiza palmate. A plant species.

Kalambaka - Cascinium fenestratum. A plant species.

Kalambi - Ipomia aguatica, a medicinal plant. Iphigenia Indica.

Kalanca (***Tāmraparṇa***) - Nicotiana tabacum A plant species.

Kalaśa - Unit of measurement. 12.288 kg. or 8.292 kg. approximately.

Kalavinka - Sparrow.

Kalikās - buds.

Kalinda - Citrullus vulgaries Schrad. A herbal plant.

Kalinga - See ***Kuṭaja***, a medicinal plant. ***Indrayava***. Holarrhena Antidysenterica, Wall.

Kaliyaka - **Yellow sandalwood.**

Kalka - Paste.

Kalkasidhha Yavāgū - Obtain 12 or 24 or 48 grams of the required drugs depending upon their strength. Add to it 1 litre of water with one-fourth weight of coarsely pounded rice normally taken by the patient in his diet and cook them together. This is the preparation of ***Kalkasidhha Yavāgū***.

Kaloma vidradhi - Gall bladder abscess.

Kamala 1 - Egyptian or Sacred Lotus. Nelumbium Speciosum.

Kamala Keśara - Lotus stamen.

Kamalottara - Safflower. Parrot seed. Wild saffron.

Kamaranga - Chinese gooseberry. Averrhoa Carambola, Linn.

Kambu - Cochlea (related to ear).

Kambumālini - Camscpra Decissata. Roem. A plant species.

Kampa vāta - A ***vātika*** disease characterized by trembling all over the body.

Kampila - The plant Mallotus phylipenensis.

Kampilla - Nutmeg.

Kampillaka - ***Kamala*** dust.

Kamsa - Unit of measurement. Approx. 3.072 kg. or litres. 2.048 kg. approximately.

Kamuka - Bombay Mace or Country or Malabar Nutmeg.

Kanacura - Roung Zedoary. Curcuma Zedoaria, Rosc.

Kanaka - 1. ***Dhatūra*** - Belladona. 2. Gold. Thornapple. Datura Alba, Nees.

Kanakaphala - Purgative croton. Croton–oil seed. Croton Tiglium.

Kanakola - The plant Piper Cubeba Linn.

Kanana Eraṇḍa - Angular leaved physic nut. Jatropha Curcas, Linn.

Kancan - Tech. Bauhinia Purpurea, Linn. A plant species.

Kancanāra - Bauhinia Variegata, Linn. A plant species.

Kancanī - Turmeric. Synonym of ***Haridrā***.

Kancaṭa - Commelina Bengalensis, Linn. A plant species.

Kancenica - Ficus Tsiela, Roxb. A plant species.

Kanḍu - Itching. Pruritus.

Kanḍughna - Antipruritic; a drug that cures itching sensation.

Kanḍu-hara - Antipruri.

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Kanda 1 - Potato or Elephant's foot. Amorphophallus Campanulatus. A plant species.

Kanda 2- Tuber, a herb. Bulbous esculent root.

Kanda 3 - Kind of jasmine.

Kanda kaṭi - Lumber region.

Kanda Puṣpa - Tulip. Medicinally useful flower.

Kandamūla - Innominate artery.

Kandaras - Tendons.

Kangu - Setaria italica. Italian millet.

Kangunī - Staff Tree. Celastrus Paniculata Willd.

Kaninīka - Pupil.

Kaniṣṭhikā - Little finger.

Kañka - Black colour bird with bent beak. Its excreta are used in preparation of certain drugs.

Kañka mukha Yañtra - Heron beak like surgical instrument.

Kañkola - Cubebs. Syn. of ***Kānji***.

Kañkṣi - Alum .

Kankuṣṭha - A coarse form of tin.

Kañkuṣṭha– Syn. of ***Kañkuṣṭha***, ***Kolavāluka***, ***Recaka***, ***Varānga*** etc. ***Dalhana***, the commentator of ***Suśruta Samhitā*** identify this as latex of ***Kancanakṣīrī***. Many suggest that it maybe the exudates collected from Gambose tree (Garcenia morella) grown in Himalayan region. There is another opinion that ***kankuṣṭha*** is the root extract of Rheum enodi, a shrub grown in Himalayan region. It is popularly called ***Revantacīnī*** and the extract is known as Indian Rhubarb.

Kañṭaka - Lepidium iberis, a medicinal plant.

Kañṭaka Pañcamūla - The roots of these five plants - ***Karmarda***, ***Tṛikañṭaka*** (***Gokṣura***), ***Saircyaka***, ***Sairvarī*** and ***Badara Vṛikṣa***.

Kañṭakārī (White) - Wild Eggs Plant; Bitter–sweet. Woody Nightshade. Solanum Jacquinii.

Kañṭakārī (Yellow) - Solanum Xanthocarpum. A plant species.

Kañṭakārīkā - A medicinal plant. The term literally meaning 'the thorny'. This is in reference to the spin ascent habit of the plant.

Kañṭakarañja - Caesalpinia crista, a medicinal plant.

Kanṭakī or ***Kanṭakin*** - A kind of date-plum; red amaranth. Medicinally useful.

Kantala - American aloe; Carata. Agave Americana, Linn. Syn. of ***Kānji***.

Kanyā - See ***Kumārī***, a medicinal plant. Small aloc. Aloe Littoralis indica.

Kapāla 1 - Broken pieces of earthen pot. Flakes like pieces of earthen jar.

Kapāla 2 - Skull.

Kapāla Tvaka - Scalp. It is the region of skin and underlying tissue layers of head that is normally covered with hair.

Kapāla vyādhī - Diseases of the head.

Kapālikā 1 - A type of obstinate skin disease.

Kapālikā 2 - Name of a tooth-disease in which sand particles are adhered to the teeth.

Kapālikā Kuṣṭha - A type of ***kuṣṭha*** (obstinate skin disease) associated with ***kapāla*** (broken pieces of earthen pot) like black and reddish patches in the skin.

Kapāṭa - Valve.

Kapardika - Cowri.

Kapha - One of the three main ***doṣas*** of the body, the other two being ***vāta*** and ***pitta***. ***Kapha*** is repository for all constructive activities. It is also called ***ślehsma***.

Kapha alleviating drugs - Generally those having pungent and bitter taste.

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Kaphāśaya - Location of ***kapha*** i.e. stomach.

Kaphaja - Caused by aggravated kapha.

Kaphajīrṇa- A type oif ***agni māndya*** (indigestion) caused by the aggravated ***kapha***.

Kaphala - Indian Berry. Fishberry. Cocculus Suberosus.

Kapha-vātaja - Disease caused by the simultaneous vitiation of ***kapha*** and ***vāta***.

Kapha-vātika visphoṭa - Pustular eruptions or cickent-pox caused by the simultaneous vitiation of ***kapha*** and ***vāta***.

Kaphotkleśa - nausea due to expulsing ***kapha***.

Kapi - Ape/monkey.

Kapihastaka (***Kraunca***) - See ***Padmak***, a medicinal plant.

Kapikacchū - A medicinal plant. Cow–haze plant.

Kapila–śinśāpa - Black–wood; Rosewood. Dalbergia sissoo, Roxb. or Sisu.

Kapiñjala - Sparrow.

Kapi–priyā - Elephant or Wood–apple. Feronia Elephantum, Correa.

Kapiśāka - Cabbage.

Kapita - Syn. of ***Elā***.

Kapittha - Elephant or Wood–apple. Feronia Elephantum, Correa.

Kapitthaparṇī - Indian olibanum or Frankincense. Boswellia Glabra, Roxb.

Kapivallī - Big kind of pepper.

Kapola - Cheeks.

Karṇa - It is an organ of hearing and balance.

Karṇa - pāka - Vitiation of ***pitta*** causes abscess in the ear leading to pus formation.

Karṇa arśas - Polyps inside the ear.

Karṇa daurgandhya - Putrid smell emanating from the ear.

Karṇa granthi - Wax dried up inside the ear.

Karṇa kaṇḍu - Itching inside the ear.

Karṇa kṣveda - Constant sound like that of a flute heard inside the ear.

Karṇa Kuhar - Cavum concha (of ear).

Karṇa mūla- Root of the ear.

Karṇa nāda - Different types of sound heard inside the ear.

Karṇa nādi - Sinus of the ear.

Karṇa pāka - Otitis.

Karṇa pālī - Lobule.

Karṇa pratināha - Name of an ear-diseases in which liquefied ear wax exudes through nose and mouth.

Karṇa puti - Exudation of pus with putrid smell from the ear.

Karṇa pūraṇa - Filling the ears with juice of drugs, oils and other liquids.

Karṇa Pūrvagranthi - Parotid gland.

Karṇa pūya - See ***karṇa puti***.

Karṇa Roga - Ear disease.

Karṇa rogas - Ear-diseases.

Karṇa Śrāva - Discharge of pus from the ear with pain is known as ***Karṇa śrava***.

Karṇa Śrāva - Otorrhoea.

Karṇa śodhana śalākā - Rod for cleaning the ear, a surgical instrument.

Karṇa śotha - Edema in ear.

Karṇa śūla - Earache.

Karṇa samśrāva - Muco-purulent discharge from the ear.

Karṇa srāva - Muco-purulent discharge from the ear.

Karṇa vidradhi - Abscess in the ear.

Karṇārbuda - Tumour inside the ear.

Karṇanāda- Echo in side the ears.

Karṇapālī - Lobule of ear.

Karṇaroga - Diseases of the ear.

Karṇa-Śūla - Undue concentration of vitiated ***Vāta*** in the region of the ear causes shooting pain in the ear.

Karṇaśodhana Yañtra - Ear scoop.

Karṇaśūla - Colic pain in the ear.

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Karṇasphoṭa 1 - Inflammatory swelling inside ear.

Karṇasphoṭa 2 - The plant Cardeospermin halicacaum. All parts of plant are used in medicinal preparations.

Karṇavedhanaśūcī śastra - Ear lobe puncturing needle.

Karṇikā (granthi)- A ***sannipāta*** fever characterized by the swelling of the gland at the root of the ear.

Karṇikara - A herb. The term literally meaning 'auricled i.e. having an ear like structure of the flower'. Pterospermum Acerifolium, Willd.

Kaṛikarṇa - See ***Hastikarṇa***, a medicinal plant.

Kaṛiṣa - Dung. Pellets.

Kara - Palm.

Karāla - Name of a tooth-disease in which teeth become ferocious in look.

Karahat - Root of lotus or lily.

Karakataśṛīngī - Pistacia integerrima Stew. Ex Brandis. A herb.

Karamarda - A herb. The term literally meaning 'pounded by hand'. Capparis Diffus.

Karamardaka - The plant Cerissa Carandus.

Karandava - A kind of duck.

Karangi - Cardamom; Malabar Cardamom; Smaller cardamom.

Karañja - Indian beech, Pongamia pinnatta or Glabra. Also called ***Karañjai***. Arsenic Rubrum .

Kara-pāda - Hands and feet.

Karapatra - Bone saw.

Karapatra śastra - Saw.

Karatāla - Palm.

Karavī - 1. Black cumin seed. 2. Leaf of asafoetida.

Karavī - Anise. Sweet fennel; Aniseed. Pimpinella Anisum, Linn .

Karavīra - The term literally meaning 'hand hero'. Sweet–scented oleander; Roseberry Spurge. Nerium Odorum.

Karbura - Variegated colour.

Karcūra - Roung Zedoary. Curcuma Zedoaria, Rosc, a medicinal plant.

Kardama visarpa - A type of ***visarpa*** (erysipelas) caused by aggravated ***kapha*** and ***pitta***.

Karhapalah - Beleric myrobalans. Trminalia belerica. Roxb.

Karhatī - Cucumis Memordica, Linn.

Kari–pippuli - Scindapsus Officinalis, Schott.

Karjīrī - Synonym of ***Somarāji*** and ***Araṇya Jīraka***. Centratherum anthelminticum.

Karkaṇa - Name of an eye-disease characterized by feeling as if sand particles are inside.

Karkaṇdhu - Zizphus Sororia.

Karkaru - Pumpkin gourd.

Karkaṭa - Crab.

Karkaṭa Śṛingi - Rhus; crab's claw, Rhus succedenia. A herbal plant.

Karkaṭaka 1 - MoMordica Cochinchinensis, Spreng.

Karkaṭaka 2 - Syn. of ***Rakta*** shthivi type of ***Sannipāta jvara***.

Karkaṭī - Cucumber, variety of chenopodium white goosefoot, Cutilissimus roxb.

Karkoṭaka - Momordica Cochin chinensis. Its roots and fruits used as medicine.

Karkoṭi - Memordica dioica, a medicinal plant.

Karma- Manifestation of actions as a result of deeds of the past life.

Karmarda - Carissa carandus, a medicinal plant.

Karmoha - Bengal Currants. Capparis Crundas or Carissa Carandas, Linn.

Karnāgrati Granthi - Parotid gland.

Karpāradikā Bhasma - Cowry ash.

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Karpās - Indian cotton Plant. Gossypium Indicum, Lam. G. herbaceum. Cotton seeds.

Karpūra - Cinnamomum Tamalā. Leaves used in medicinal preparations. Camphor; ***Bhīmsenī*** camphor (natural).

Karpūra Kacali - Hedychium Spicatum, Ham.

Karpūra Puṣpa - Anthemis.

Karpūra śilājātu- Saltpitre, potassium nitrate.

Karpūra–haridrā - Mango ginger. Curcuma Amada, Roxb.

Karṣa - Approx. 12 gm. (A unit of measurement.).

Karṣya roga- Emaciation.

Kartarī śastra - Scissors.

Karuna - Citron. Citrus Mdica, Linn.

Kaśmarī - Gmelina Arborea, Linn.

Kaśmīrajanma - Saffron. Crocus Sativus, Linn.

Kaśmīrjā - Costus; Kut root. Saussurea Lappa, Clarke.

Kaṣeru - Scirpus Kysoor Roxb. A plant species.

Kaṣeruka - Scripus grossus, a medicinal plant.

Kaṣeruka 1 - Vertebra.

Kaṣeruka 2 - Scirpus Grossus, Linn.

Kaṣṭārtava - Dysmenorrhea. The painful menses may be known as ***Kaṣṭārtava***.

Kaṣṭam - Costus; Kut root. Saussurea Lappa, Clarke.

Kaṣṭasādhya - Difficult to cure.

Kaṣṭdāru - Polyalthia longifolia, a medicinal plant.

Kasālu - The plant Alocacia macrorriza. Root stock (***Kanda***) and leaves are medicinally useful.

Kastūrī - Musk or Moschus Moschiferus. ***Kastūrī***.

Kaṭāha - Pan.

Kaṭabhi - Carelya arborea, a medicinal plant.

Kaṭhilla - Punarnavā A plant species.

Kaṭi - Lumber region.

Kaṭi bhanga - Breaking-pain in the lumber region.

Kaṭi graha - Stiffness of the lumber region.

Kaṭi śūla - pain in lumber region.

Kaṭikapāla - Pehic bone - ilium.

Kaṭkāli - Tali–pot or Fan–Palm. Corylus Colurna, Linn. A plant species.

Kaṭphala - Box Myrtle; Bay–Berry. Myrica Nagi, Thunb. A plant species.

Kaṭu tumbī - Bitter bottle–gourd.

Kaṭuka - A herbal plant. Picrorrhiza Kurrooa, Benth.

Kaṭukalābu - Lageneria vulgaris. Its leaves, roots, fruits and seeds are used.

Kaṭukī - Himalayan or Indian Gentian; Chiretta. Gentiana Kurroo, Royle.

Kaṭukoṣātakī - Bitter luffa. Its leaves, roots, fruits and seeds are used.

Kaṭumbhī - Staff Tree. Celastrus Paniculata, Willd. C. Montana.

Kaṭu–patram - Ginger. Zingiber Officinale, Roscoe.

Kaṭurohiṇī - Black Hellobore. Helleborus Niger, Linn. H. effcinlis - H. viridis Linn.

Kaṭutṛik - The triad of hot herbs involving ***Śunṭhī*** (Dried ginger), ***Marica*** (Black Pepper), and ***Pippalī*** (Pepper).

Kaṭutumbi - The plant Lagenaria siceraria Standl. Also called ***Tumbinī***.

Kaṭuvīra - Spanish pepper; Red pepper; Cayenne pepper. Capsicum Annuum, Linn.

Kaṭvānga - Synonym of ***Śyonaka***. Oroxylum indicum Vent.

Kaṭvara - A type of butter-milk prepared y churning curd along with its cream.

Kataka - Clearing nut tree; Strychnos Potatorum, Linn.

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Katchu - English Cocco; Cacao. Arum Campanulatus.
Katigraha - stiffness of lumber region.
Kaumārabhṛitya/bālacikitsā - Paediatrics.
Kaumbha - very old, kept in some earthen pitcher.
Kauṣikaha - Salaitree. Gum–gugul. Indian Bedellium.
Kauṣika-viṭ - Feces of owl.
Kavaca - Arocus calamus, a medicinal plant.
Kavala - 8 gm. approximately. (A unit of measurement.).
Kavala graha - A therapy in which ***kalka*** and decoction of drugs are kept in the mouth for some time. A variety of ***gaṇḍūṣa***.
Kavaladhāraṇa - Gargle.
Kavira - Capparis decidua Edgew. A plant species.
Kavla graha - **Keeping in mouth**.
Kekaraksita - Name of an eye-disease.
Kemuka - Costus Speciosus, Sm.
Kenduka - Diospyros Malanoxyion.
Keśa - Hair.
Keśabhumisphuṭanam - Fissures of the scalp.
Keśara - The term literally meaning 'the mane of hairs of filaments'. Mostly in reference to the hood like extended stamens of ***Nāgakeśara*** or of the lotus. If preceded by ***Padma*** and not ***Kaśmīraja Keśara*** (i.e. Crocus sativus Lin). (Also spelt as ***Keśara***).
Keśara 1 - Crocus sativus Linn. Saffron.
Keśara 2 - Pollen.
Keśarāja- Eclipta Erecta, Linn.
Keśaranjan - Eclipta Prostrata, Roxb, E. alba.
Keśī - Synonym of ***Jaṭāmānsī***.
Keśika - Capillary.
Keṣaḍa - One of the twenty varieties of parasites.
Kesa dadru - Ring-worm in the head.
Kesa simānta - A bad prognostic sign of fever in which partings of the hair in the head bechome prominent.
Ketaka - Pandanus fascicularis Pandanus tectrorius, a medicinal plant.
Ketakī - Pandanus tectorius Soland ex. Fragrant Screw pine; Caldera Bush. Pandanus Odoratissimus, Willd.
Khādya - Edibles.
Khālitya - Alopecia.
Khānḍa 1- jaggery.
Khada- A sour preparation. A formented drink.
Khadirā - Catechu, Acacia Catechu. Literally from the verb root ***khad*** to be solid, firm. This refers to the very hard wood of the plant.
Khadirsāra - Abstracts of ***Khadirā*** (Catechu)
Khadyota - Name of an insect.
Khaga - Birds.
Khaja - Stirrer.
Khaja śastra - Churner with spikes.
Khalakula - Horse–gram Plant. Do, ichos Biflorus, Linn. A plant species.
Khalī vardhana - Eruption of additional teeth from the gums.
Khalla - 1. Hide, 2. Mortar.
Khallī - Cramps in muscles.
Khallī - Lameness.
Khalva - Mortar and pestle.
Khalvaṭatā - Alopecia.
Khanḍa - A pharmaceutical preparation. To make ***Khanḍa*** one has to prepare confection first and when confection becomes thick or almost solid so as to get cut into pieces.
Khañga - Rhinoceros.
Khañja - Monoplegia cruralis. A disease.
Khanja vāta - A ***vātika*** disease which produces lameness in the individual.
Khanjarita - Wagtail.
Khañjatva - Lameness.
Khar yaṣṭikā - Sida Spinosa, Linn, S. alba or S. alinifolia. A plant species.

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Khara 1 - Green Basil. Ocimum Pilosum, Wild, O. hispidum.

Khara 2 - Donkey.

Khara mañjarī - Rough Chaff tree; Prickly chaff–flower. Achyranthes Aspera, Linn.

Kharala - Mortar.

Kharapatra - Leaves that have rough coarse surface.

Kharapuṣpa - The term literally meaning 'a rough flower'. Synonym to ***Apāmārga***.

Kharibhūta - Over-cooked. Chronic stage of a disease.

Kharjūra - Date. Literally from the verb root ***kharju*** meaning 'itching'. This is in reference to its spīnascent leaves and leaf bases. Also called ***Kharjoora***. Wild Date or Toddy Palm. Phonenix Sylvestris, Roxb.

Kharjūri - Wild Date or Toddy Palm; Date Sugar Palm. Phonenix Sylvestris, Roxb.

Kharpara 1 - Synonyms of ***Rasaka***, ***Tāmraranjaka***, ***Netrarogari***, ***Yaṣaḍa-Kāraṇa***, ***Ṛtikṛit*** etc. ***Kharpara*** is probably zinc corbonate, which is one of the ores of zinc. It is called Smithshonite.

Kharpara 2 - Earthen pot (sauce pan type).

Kharpata - A piece of clothe or paper.

Kharvuja - Sweet or Musk–melon; Melon. Cucumis Melo, Linn.

Khas Khas - Opium Poppy Capsules; White Poppy; Poppy Seeds. Papaver Somniferum, Linn.

Khaṭṭāśa - Testicles of this animal are used in medicines.

Khaṭṭāśī - Civet.

Khaṭva - Sling.

Khaṭva bandha - Four tailed bandage.

Khatikā - Limestone, writing chalk.

Khatikā Kśoda - Talcum powder.

Kiṇva - A small amount of yeast or fermenting material which is added to alcoholic preparations to initiate the process of fermentation.

Kīṭa - Insect.

Kīṭamāri - Aristolochia bracteata, a medicinal plant.

Kīṭikā - Small insect.

Kīṭṭa - Waste-product.

Kilāsa - A type of leucoderma.

Kilingaka - Sparrow.

Kimśuka - A plant species. The term literally meaning '***Kim***' why? '***śukah***' - 'Is this a parrot?'. This is in reference to its parrot shaped flower. Synonym to ***Palāśa***.

Kinkirāṭa - The plant Acacia Latronum. Its fresh roots are used medicinally.

Kinnara - Celestial figures.

Kirāta - The Creat. King of Bitters. Chiretta, Andrographis Paniculata, Nees.

Kirātatikta - Chiretta, Swertia Chirata, Ham. Also called ***bhūnimba.***

Kirimala - The plant Artemisia Maritinna. Its dried flowers are used.

Kiṭībha - A minor skin disease in which the skin looks like that of the elephant.

Kiṭībha kuṣṭha - A type of ***kuṣṭha*** (skin diseases).

Klāma - Fatigue without any work.

Klāmata - Fatigue.

Klaivya - Impotency of the male.

Kleda - Exudation of sticky material from the body.

Klispa varma - An eye-disease associated with small eruptions in the body.

Kloman - An organ of the body. Identity controversial.

Koḍa - A carnivorous bird.

Kodrava - Paspalum Scrobiculatum, Linn.

Koka - A kind of wolf.

Kokilā - Indian cuckoo.

Kokilākṣa - Hygrophila Spinosa, T. Anders. A plant species.

Kola 1 - Jujube fruit. Zizyphus Jujuba, Mill & Lamk.

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Kola 2 - 1 gm., unit of measurement.

Kolārdha - (A measurement of weight) equal to half fruit of Jujube (approximately 0.5 gm.).

Kolamātra - (A measurement of weight) equal to fruit of Jujube (approximately 1.0 gm.).

Koliṣṭa - Hygrophila Spinosa, T. Anders. A plant species.

Komala - Silphium Parsley. Prāṇgos Pabularia, Lindl. A plant species.

Kora Sandhi - Hinge joints.

Koranṭa - Barleria Prionitis, Linn. A plant species.

Koṣa - Sac like.

Koṣāgru - Mangifera Sylvatica. A plant species.

Koṣa-bandha - Sheath bandage.

Koṣatakī - A herbal plant. The term literally meaning 'having a case or a sheath'. This is in reference to the net like structure of the fibres of the dried fruit Sponge gourd, Luffa acutangula Roxb.

Koṣṭha - Alimentary tract. It is generally used to indicate viscera of alimentary and respiratory systems.

Koṣṭhānga - Viscera, 11 in number as per the Ayurveda.

Koṣṭhaśṛīta vāta - ***Vāta*** located in the ***Kośtha*** (gastro-intestinal tract).

Koṭa - Localized thickening of muscle fibres.

Koṭha - Name of a disease characterized by several itchy and red patches.

Koṭha-praśamana - Antiseptic.

Kovidāra - Bauhinia Variegata, Linn.

Koyaṣṭika - Lapwing.

Kṛicchra - Dysuria, diffcult of cure in general.

Kṛimi 1 - Parasitic infestation.

Kṛimi 2 - Worms. Germs, Maggots.

Kṛimi Danta - **Caries of the teetch.**

Kṛimi granthi - Name of an eye-disease that appears in the joint between sclera and eyelids.

Kṛimi karṇa - Name of an ear-disease infested with parasites.

Kṛimi pāta - Infestation with maggots, etc.

Kṛimi Roga - Worm infestation.

Kṛimighna - A drug that kills or destroys worms. Anthelmentics.

Kṛimija - Caused due to worms or caused by parasitic infection.

Kṛimilaka - Phaseolus aconite, a medicinal plant.

Kṛiminiṣāraka - Vermifuge. A drug that expels the worm from the body.

Kṛiśara- A preparation of rice added with pulses.

Kṛiśra - Oleo.

Kṛiṣṇa 1 - The term literally meaning 'the black'. May be is in reference to the black colour of the ***Pippalī***.

Kṛiṣṇa 2 - Indian Millet; Korakan. Eleusine Coracana. Gaertn.

Kṛiṣṇa aguru - Toddalia Bilocularis, W. & A. A plant species.

Kṛiṣṇa bhāga - Cornea.

Kṛiṣṇa dhatūra - Datura Fastuosa, Linn. A plant species.

Kṛiṣṇa jīraka - Small Fennel or Black Cumin. Nigella Sativa, Linn. Cuminum nigrum.

Kṛiṣṇa Lavaṇa - Black salt.

Kṛiṣṇa Marica - Piper nigrum Linn.

Kṛiṣṇa Śiriṣ - Mimosa Amara. Albizzia amara. A plant species.

Kṛiṣṇa Sārivā – also spelt as ***Śārivā.*** Cryptolepis buchanani Roem & Schutt. A plant species.

Kṛiṣṇa Tila - Sesamum, black variety.

Kṛiṣṇa unmatta - Thornapple. Datura Alba. A plant species.

Kṛiṣṇa Vetasa - Calamus tenius Roxb. A plant species.

Kṛiṣṇabhedī - Black Hellobore. Helleborus Niger, Linn. A plant species.

Kṛiṣṇa-maṇḍala - Cornea.

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Kṛiṣṇamūla - Holy Basil; Mosquito Plant of South Africa. Ocimum Sanctum, Linn.

Kṛiṣṇaphalā - Babchi Seeds. Psoralea Corylifolia, Linn.

Kṛiṣṇa–śinśāpa - Dalbergia Emarginata, Roxb. A plant species.

Kṛiṣṇasarpa Kancuka - Slough of black snake.

Kṛiṣṇa–vṛinta - Glycine Labialis, Linn. A plant species.

Kṛiṣya roga- Excessive Emaciation.

Kṛitya - Affictions by black magic.

Krakara - A kind of partridge.

Kramuka - Areca or betel nut plam. Areca Catuchu. Linn.

Kraunca - A kind of bird.

Kravayāda - Carnivorous animals.

Kroṣṭuka - Jackal.

Kroṣṭuka śīrṣaka - An inflammatory condition of knee-joint in which the shape of the joint look like the head of a ***krośṭuka*** or jackal.

Krūra koṣṭha - Costive bowel.

Kśīriṇi - The plant Mimusops Hexendra. Fruits, bark and leaves of this plant are used in medicines.

Kṣāra– Alkali-the term ***kṣāra*** means that substance which is cable of scraping or cauterizing. These ***kṣāras*** are derived from various plants and mineral substances, eg. ***Yavakṣāra***, ***svarjika kṣāra***, ***tañkaṇa kṣāra*** etc.

Kṣāra karma - Cauterizations by caustic alkalis. They are of two types - 1. ***Partisāraṇa/bāhya*** - external application. 2. ***Pānīya/abhyañtara*** - internal consumption of the alkaline liquids, fats, etc.

Kṣāra Kṛiyā –Application of alkalies.

Kṣāra pātana śālakā - Rod for placing caustic alkali, a surgical instrument.

Kṣāra sūtra - Thread processed by smearing the paste of alkalis.

Kṣāra Varga - ***Svarjika kṣāra***, ***Tañkaṇa kṣāra*** and ***Yavakṣāra*** are the ***kṣāras*** (or group of ***kṣāra***). Apart from these, ***kṣāra*** is obtained from plants like ***Apāmārga***, ***Arka***, ***Snuhī***, ***Tila***, ***Palāśa*** etc.

Kṣārameha - Alkalinuria.

Kṣata- Injury.

Kṣata- Lacerated wound.

Kṣataja - Caused by injury. Exogenous disease caused by injury.

Kṣataja kāsa - Cough caused by wound in lungs.

Kṣatakṣaya - Phthisis caused by injury.

Kṣava or ***chikkā*** - Sneezing.

Kṣavathu - Sneezing.

Kṣaya - Consumption. Depletion of tissues or tuberculosis.

Kṣayaja - Diseases caused by consumption of depletion of tissue elements.

Kṣayaja dāha - Burning sensation caused by consumption or depletion of tissues of the body.

Kṣayaja kāsa - Cough caused by consumption or depletion of tissues of the body.

Kṣayaja tṛiṣṇā - Morbid thirst caused by consumption or depletion of tissues of the body.

Kṣetra parpaṭī - Common fumitory. Fumaria Offcinalis, Linn.

Kṣetra–parpaṭa - Two–flowered Indian Madder. Oldenlandia, Corymbosa, Linn.

Kṣīra - Milk.

Kṣīra basti - Enema prepared of milk.

Kṣīra Campaka - Plumieria Acutifolia, Poir. A plant species.

Kṣīra Doṣa - Disorder of lactation types.

Kṣīra Kākolī - The plant Roscoea procera Wall.

Kṣīra Kanda - Ipomoea Digitata, Linn. A plant species.

Kṣīra Peya - Beverage made with milk.

Kṣīra phena - Foam of milk.

Kṣīra Ṣarala - Long–leaved Pine; Cher Pine. Pinus Longifolia, Roxb.

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Kṣīrapāka - Medicated milk. It is also called ***Śrīta***.

Kṣīrī (Rājadāna) - Memusops. A plant species.

Kṣīrī vṛikṣa- Collective name of a group plants having milky latex like like ***nyagrodha***, ***udumbara***, ***aśvattha***, ***paṛiṣa*** and ***plākṣa***.

Kṣodrameha - ***Prameha*** (i.e. urinary disorders including diabetes) mellitus.

Kṣudra - Minor varieties of diseases.

Kṣudra Āntra - Small intestine.

Kṣudra hikkā - A type of hic-cup in which attacks are of mild nature.

Kṣudra kuṣṭha - ***Kuṣṭha*** (skin diseases) of minor varieties.

Kṣudra rogas - Minor disease.

Kṣudra Śvāsa - Chronic Bronchitis. This is a mild type of ***Śvāsa Roga*** and its main symptom is disposal on exertion.

Kṣudrāmra - Schleuchera oleosa, a medicinal plant.

Kṣudrānna - Paddy which matures in a short time.

Kṣudrāntra - Small intestine.

Kṣudragnimantha - Garden quinine. Clerodendron Inerme, Gaertan.

Kṣudravyāghrī - Wild Eggs Plant; Bitter–sweet; Woody Nightshade.

Kuṇa - 1. Kind of insect living in the clothes. 2. Dirt on naval.

Kuberākṣi - Physic nut. Caesalpinia Bonduc, Roxb.

Kuberaka - Red Toon or Indian Mahogany Tree. Cadreia Toona. Roxb. A plant species.

Kubja / tva - Hunch back.

Kubjaka - Musk–scented Rose. Rosa Moschata, Mill.

Kucandana - Adenanthera Pavonina, Linn. A plant species.

Kucaphalā - Pomegrana'e Punica Granatum, Linn. A plant species.

Kucelakā - The plant Nux Vomica (Strychnos Vomica).

Kucilā - Strychonos Nux Vomica.

Kuḍava - 128 gm. or 192 gm. or 128 gm. approximately. (A unit of measurement.).

Kuhara - An aquatic bird.

Kukkura Kāsa - Whooping cough. ***Kukkura Kāsa*** is a disease that is frequent among children.

Kukkuradru- Dog–bush. Blumea Balsamefera, Dc.

Kukkuṭa - Cock / hen.

Kukkuṭa anḍa - Egg of hen.

Kukkuṭa puṭa - A pit of the size of one ***vitasti*** (12 inches) in depth, length and breadth should be dug in earth and drugs kept inside. Over it cow dung cakes should be kept and ignited. This is called ***Kukkuṭapuṭa***.

Kukkuṭi - Hen.

Kukṣi - Lower abdomen or pelvic region. Bonts.

Kukṣipradeśa- Pelvic region.

Kukuṇaka - Conjunctivitis. ***Kukuṇaka*** is a disease of the eyelids of children that particularly occurs at the age of breast-feeding.

Kukubha - ***Arjuna*** Myroblan. Terminalia ***arjuna***.

Kukunḍara - Blumea Balsamefera, Dc.

Kulajā- Familial.

Kulaka - Nux–vomica or Strychnine tree. Poison–nut. Quaker Button.

Kulañjana - The plant Agalanga Will. A herbal species.

Kulastha - Horse–gram Plant. Doichos Biflorus, Linn. A plant species.

Kulhala - Celsia Coromandeliana, Vahl. A plant species.

Kulinga - Sparrow.

Kuliñjana - Alpinia galanga, a medicinal plant. Java Galangal.

Kulmāṣa - Sour gruel / semi boiled grains.

Kulpha - The plant Portulaca obracia.

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Kumārī, Ghṛita Kumārī - Aloe vera Barbedensis. A plant species.

Kumadya- Alcoholic drink not fermented properly.

Kumbha - Unit of measurement. Approx. 24.576 kg. or Lt. Or 8.292 kg.

Kumbha kamala - Chronic stage of jaundice.

Kumbhī - Careya arborea, a medicinal plant.

Kumbhikā 1 - Tropical Duckweed. Pistia Staratiotes, Linn. A plant species.

Kumbhikā 2 - Name of an eye-disease in which pimples appear at the outer border of the eye-lid.

Kumbī - Careya Arborea, Roxb. A plant species.

Kumblī - Box Myrtle; Bay–Berry. Myrica Nagl, Thunb. A plant species.

Kumkuma - The plant Crocus sativus Linn. The term literally meaning 'Saffron red'.

Kumuda - Water–Lily. Nymphaea Lotus, Linn. N. rubra - N. O. - stellata, Willd.

Kunakha - Felon onychia. If the inflammation around the nail bed is of mild nature, then it causes fragility of the nail. This condition is known as ***Kunakha***.

Kunakha 2 - Name of an eye-disease in which in which eye-lids are contracted.

Kunapa - Having smell of a dead body.

Kunaṭī - Arsenic Rubrum.

Kuncaṭa - See Tunduliyak, a medicinal plant.

Kuncikā - Cumin seed; Caraway seed. Cuminum Cyminum, Linn.

Kunḍala - Movement of wind in the abdomen.

Kunḍalī 1 - Garden quinine. Clerodendron Inerme, Gaertan.

Kunḍalī 2 - A circular growth in the abdomen. It often moves in the abdomen. It is caused by ***vāta***.

Kunda - Jasminum pubescens. A plant species.

Kuñjara - Elephant. See ***Dhātakī***, a medicinal plant.

Kuntalī - Bandolier Fruit. Zanonia Indica, Linn. A plant species.

Kupīlū - Nux–vomica or Strychnine tree; Poison–nut Quaker Button.

Kupīpakva - Process of pharmaceutical preparation. To perform this place the drug in a well cleaned and absolutely dry glass bottle wrapped with cloth and wet mud plaster, seven turns upon the neck. Place the bottle over a piece of mica to hold the bottle over the central hole in an earthen or iron receptacle. Cover the slide of the bottle up to the neck with sand and fire. Gradually heat till the required heat is obtained and finally allow it to cool.

Kuraṇṭaka - Barleria Prionitis, Linn. A plant species.

Kurañga - Deer.

Kurara - Osprey.

Kuravāka - Henna; Samphire. Lawsonia Alba. A plant species.

Kurlaru - Cucurbita Pepo, DC.

Kurubaka - See ***Saranyaka***, a medicinal plant.

Kurubilva - Nutgrass. Cyperus Rotundus, Linn.

Kurunṭaka or ***Kurunṭha*** - Yellow Amaranth or Barleria.

Kuśa 1 - Splint.

Kuśa 2 - Poa. The plant Evagrostis synasuroidis. Its roots are used for medicinal purposes.

Kuśa patra- A thin scalpel.

Kuśapatra śastra - Bistuary.

Kuṣmānḍa/ ka- Pumpkin gourd, also called ash gourd.

Kuṣṭam - Costus; Kut root. Saussurea Lappa, Clarke. A plant species.

Kuṣṭha 1 - Chronic skin diseases including leprosy.

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Kuṣṭha 2 - Costus; Kut root. Saussurea Lappa, Clarke. A plant species.
Kuṣṭhavairi - Wild almond. H. bnebrians, Wall.
Kusthaghna - A drug that cures skin diseases.
Kustumbarī - Coriander. Coriandrum Sativum, Linn.
Kusuma - Golden or Yellow Champaka. Michelia Campakacha, Linn.
Kusumāñjana - Collyrium obtained from flowers.
Kusumba - Safflower; Parrot seed; Wild saffron (dye variety); Bastard saffron. Carthamus Tinctorius, Linn.
Kuṭaja - Holarrhena antidysenterica, a medicinal plant.
Kuṭaja - The plant Antidysentrica Holarrhena. The term literally meaning 'mountain born'.
Kuṭhāraka-Pātālagarudi - Coculus hirsututi, a medicinal plant.
Kuṭhārika - Axe shaped knife.
Kuṭhari śastra - Chisel exe.
Kuṭila - Veleriana hardwickii, a medicinal plant.
Kuṭṭana - Beating, pounding, pricking.
Kuvara - English Areca or betel nut palm. Areca Catuchu. Linn.
Kūrca 1- Middle of the eyebrows, moustache.
Kūrca 2 - Brush like structure. They are 6 in number as per the Ayurveda.
Kūrca śastra - Brush with spikes.
Kūrma - Tortoise.
Kūrma sanghaṭa - Name of a palate-disease.
Kvātha - Decoction.
Lājā - Parched paddy.
Lājā maṇḍa - Thin gruel prepared of fried paddy.
Lājā pāka - Over ***Vāluka yañtra*** paddy should be spread. When the grains get fried it is to be determined that the ***pāka*** has taken place. This is called ***Lājā pāka***.
Lājodakam - a liquid preparation of fried paddy.
Lākṣā - Lac.
Lākṣā sveda - A fomentation therapy.
Lākṣādi Gaṇa - Group of medicines including ***Lākṣā, Āragvavdha, Kuṭaja, Karavīra, Kaṭphala, Haridrā, Dāruharidrā, Nimba, Satayanāśi, Jātī,*** and ***Trāyamāṇā***.
Lākṣi - Coccus lacca, a medicinal plant.
Lāla yukta- Extremely slimy.
Lālārasa - Saliva.
Lālimā - Afflux.
Lāmajjaka - Cymbopogon. The plant Jwarancusa Schult.
Lāṇchana - Name of a skin disease characterized by brownish black shade over the cheek.
Lāngalī - A herbal plant. Superb Lily. Gloriosa Superba, Linn.
Lāngalī / kā - The plant Gloriosa superba Linn.
Lāngli - See ***Lāngalī***.
Lāvaka - Partridge. Quail.
Lāvaka Puṭa - A particular kind of drug steaming. Make a heap of cow dung to a height of 15 cm. In the centre keep the ***Mūṣā*** (the herb pot) and fire the same. Allow it to cool before collecting the medicine.
Lāvanī - Phylianthus Distichus.
Lagaṇa - Name a disease characterized by hard and large-sized growth in the eye-lids.
Laghu loṇika - Portulaca Quadrifida, Linn. A plant species.
Laghu Mastiṣka - Cerebellum.
Laghu pañca mūla- Collective name for five plants, namely, ***śālaparṇī, pṛiśni parṇī, bṛihatī, kañṭakārī*** and ***gokṣura***.
Laghu puṭa - Half in size of ***Gaja Puṭa***. Heating Pit. See ***Puṭa*** method.
Laghu roga - Minor Indisposition.
Laghukarṇī - Clematis Triloba Heyne. A plant species.

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Laghupuṭa - A pharmaceutical process of cooking. See ***Puṭa***.

Lajjālu - Sensitive Plant; Humble Plant. Mimosa Pudica, Linn.

Lajjāsaktu - The plant Oryza sativa Linn.

Lakṣaṇa - Signs and symptoms of disease. Syn. of ***Rūpa***.

Lakṣmaṇa - Smithia Geminiflora, Roth. A plant species.

Lakūca - The plant Artocarpus ***Lakūca***. Its fruits and bark are used for medicinal purposes.

Lalāṭa - Forehead.

Lalāṭabheda - Frontal headache.

Langhaṇa - Nestiatria. Fasting. Any measure or drugs that causes the body light and reduces the bulk of the body is called ***Langhaṇa***.

Lankā - Capsicum annum, a medicinal plant.

Lapsikā - A food preparation, prepared by the paste of steam boiled ***māṣa***, ***tila*** etc.

Laśuna - Garlic. Allium sativum, a medicinal plant.

Lasikā - Lymph.

Lasikā Parīkṣana - Serological tests.

Latā Karañja - Indian beech, Pongamia pinnatta or Glabra. Bark, leaves, seeds and oil of this tree are employed to various medicinal preparations.

Latā Kastūrī - The plant Hibiscus abelmoschus Linn.

Latākastūrikam - Musk–mallow. Hibiscus Abelmoschus, Linn.

Latākasūri - Hibiscus abelmoschus, a medicinal plant.

Lauha - Iron.

Lauha Cūrṇa - Iron dust.

Lauhakīṭṭa- It is iron-rust (***Maṇḍūra***).

Lava - Quail.

Lavaṇa - Salt. The common salt from ocean reached the world of Ayurveda late. Hence, its use was avoided generally. Reference to ***lavaṇa*** in Ayurveda as a rule relates to the rock salt only. Even today the common sea salt is not used in cooking meant for religious and ritualistic purposes.

Lavaṇa Catuṣṭaya - All of five salts minus common sea salt. Five kinds of salts include ***Saindhava*** (rock salt), ***Sauvarcala*** (obtained from Sambhar lake, Rajasthan, also called ***Ruchaka***), ***Viḍa*** (black salt, common salt + soda carbonate, etc.), ***Samudra*** (common sea-salt), and ***Audbhida*** (salt obtained from soil also called ***Reha***). The common salt from ocean reached the world of Ayurveda late. Hence, its use was avoided generally. Reference to salt in Ayurveda as a rule relates to the rock salt only.

Lavaṇa Yañtara - An implement used for the preparation of medicine by sublimation. In this implement salt is kept in earthen pot.

Lavalī 1 - Phyllanthus acidus, a medicinal plant.

Lavanga - Cloves. Myrtus Caryophyllus.

Leha - Linchtus.

Leha pāka - Process of preparing a confection.

Lehyam - Confection. Confection. ***Avaleha*** or ***Lehyam*** is a preparation of semisolid consistency prepared with the medium of sugar or jaggery and water or any other liquid like milk etc. on a slow fire. It is also called ***Prāśa*** or ***Lehya***.

Lekhana 1- A drug that reduces the fat of the body and causes the body thin is called .

Lekhana 2 - Scraping or scarification.

Lekhanīya - Revulsives or weight-reducing drugs.

Lelihā - One of the twenty varieties of parasites.

Lepa - External application of drugs in the form of ointment or paste.

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Lepana- External application of drugs in a paste form.
Likṣa - One of the two varieties of parasites affecting the exterior of the body.
Limpaka - Lemon Citrus Limonum, Sp. Risso. A plant species.
Linga 1 - Male genital organ.
Linga 2 - The power of perception of an object.
Linga varttī - Name of venereal disease in which sprout like growths appear in the penis one over the other.
Linganāsā - Name of an eye-disease in which fourth layer of eye is afflicted.
Lingapāka - Suppuration and sores of the penis.
Locanahita - A kind of medicinal preparation useful for the eyes.
Lodhra - Lodh tree. Symplocos Racemosa, Roxb.
Loha - Iron.
Lohaprṣṭha - A heron.
Lohitamajjā - Red marrow.
Loika - Common Indian Parselane. Garden Purslane. Portulaca Olearacea, Linn.
Loma - Body - hair.
Loma vidhvamsa - One of the twenty varieties of parasites.
Lomadanḍa - Hair shaft.
Lona - See ***Cangerī***, a medicinal plant.
Londrum - Desmodium Pulchellium, Benth. A plant species.
Loni - Common Indian Parselane. Portulaca Olearacea, Linn. A plant species.
Lunakhya - One of the twenty varieties of parasites.
Lūta - Spiders which are venomous.
Lūta viṣa - Spider bite poisoning.
Maṇi- Glans penis or external urethral sphincter.
Māghadhī - Dried catkins. Long–Papper. Piper Longum, Linn.
Mājūphala - Oak Galls; Magic Nuts, Quercus Infectoria, Oliv.
Mākṣika 1- Fly.
Mākṣika 2- Honey.
Mākṣika 3 - Pyrite. It is of two types. One is ***Svarṇa Mākṣika*** and another ***Tāmra Mākṣika***. The former looks like gold. The one which is available at the banks of ***Tapti*** river is ***Tāmra Mākṣika*** and has the resemblance to ***Pañcavarṇa Svarṇa*** (or the luster of the alloy of five metals) The former is considered to be superior.
Mākṣika Viṣa - Fly bite, insect bite.
Mālatī - Jasminum Grandiflorum, Linn.
Mālatī–Phalam - Nutmeg. Myristica Fragrans, Houtt M. officinalis, Linn.
Māmṣodaka - Meat soup or water collected after washing meat.
Māmsa - Muscle tissue.
Māmsa dhātu –Muscle tissue.
Māmsa Jārana - Scraping of muscle tissue.
Māmsa koṭha - Sloughing of muscle tissue.
Māmsa pāka - A venereal disease in which the musculature of the pudendum gets withered.
Māmsa sanghaṭa - A palate-disease associated with painless swelling in the centre of the palate.
Māmsa sarpī - Ghṛitam boiled with meat.
Māmsāṭana - Name of a throat-disease associated with very painful swelling.
Māmsagata Masūrikā - Small pox in which muscle tissue is afflicted.
Māmsaja - Disease caused by the affliction of muscle tissu.
Māmsajātiya - Protein.
Māmsakleda - Softening and degeneration of muscular tissues.
Māmsapeśī - Muscles. 500 in males/20 more in female in number as per the Ayurveda.

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Māmsarajju - Muscular cords - 4 in number as per the Ayurveda.

Māmsarohiṇī - Soymeda febrifuga, a medicinal plant.

Māmsī - The term literally meaning 'fleshy', being abbreviation for ***Jaṭāmānsī***. Nardostachys jatamansī DC.

Mānakanda - Great–leaved Caledium. Alocasia Indica, Schott.

Mānas Doṣa - In addition to ***Vāta***, ***Pitta*** and ***Kapha***, which are the bodily ***Doṣas***, there are two ***Mānas Doṣas*** viz. ***Rajas*** (passion) and ***Tamas*** (darkness). ***Mānasa Doṣa*** may be held responsible for mental disease.

Mānasa (jvara) - Psychic (fever).

Mānasika diseases - The Ayurveda classifies diseases under four categories - ***Āgantuka***, ***Doṣaja***, ***Mānasika***, and ***Svabhāvika***. ***Mānasika*** diseases are those related to mental state involving carvings, angers, lust, etc.

Māṇḍukaparṇī - Indian pennywort, the plant Hydrocotile Asiatica.

Māngalya - Saffron. Crocus Sativus, Linn or C. saffron.

Mānika - Unit of weight, approx. 384 gm./ml. Or 256 gm. / ml.

Mānikya - Ruby.

Māraṇa - Literally it means killing. In the process of ***māraṇa***, the original form of the mineral is destroyed by incinerating. Hence it is called ***māraṇa***. The product of this process is called ***bhasma*** (see above).

Mārga śuddhi - Clearing the passage (of feaces or urine).

Mārkava - See ***Bhṛingarāja***, a medicinal plant.

Māṣa 1 - Black Gram. Phaseolus Roxburghii.

Māṣa 2 - Unit of weight, approx. 1 gm/ml.

Māṣambu - Water boiled with ***māṣa*** beans (phaseolus mungo Linn.).

Māṣaparṇī - Glycine Labialis, Linn. A plant species.

Māsa - (A unit of time) One-month / thirty days.

Mātulunga - Citron. Citrus Mdica, Linn.

Macikā - Brown Indian hemp; Jute. Hibiscus Cannabinus, Linn.

Mada - Intoxication.

Madāra - Gigantic Swallow wort. Mudar. Calothropis Gigantea, R.

Madātyaya - Alcoholism. ***Madātyaya*** is a condition caused by the excessive use of alcohol.

Madala Arālu - Ailantus Excelsa, Roxb. A plant species.

Madanaphala - Emetic Nut. Randia Dumetorum.

Madayantikā - Lawsonia alba, a medicinal plant.

Madgura - A species of fish.

Madhu - Honey.

Madhu karkaṭikā - True Sweet Lime. Citrus Limetta, W. & A.

Madhu mālatī - Dregea Volubilis. Benth. (Chopra's "I. D. of I." Pp.).

Madhu Tailaka - A type of ***āsthāpana*** (a variety of medicated enema).

Madhugandha - Surinam medlae, a medicinal plant.

Madhuka - Indian Butter Tree; Mahwah tree. Sweetwood; Liquorice. Bassia Latifolia, Roxb.

Madhukarkatī - Cikus decumona, a medicinal plant.

Madhumeha - Prameha (i.e. urinary disorders including diabetes).

Madhunāśana or ***Gudāmāra*** - The plant Gymnema sylvestra. A herbal species.

Madhura gaṇa- Group of drugs having sweet taste.

Madhura tvaca - Crane Tree. Conocarpus Latifolius.

Madhurikā - Indian Sweet, Fennel; Fennel. Foeniculum Vulgare, Gaertn.

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Madhurimisi - Anise; Sweet fennel; Aniseed. Pimpinella Anisum, Linn.

Madhurtṛik - The triad of ***Ghṛita*** (ghee, clarified butter), ***Guḍa*** (raw sugar, jaggery), and ***Madhu*** (honey).

Madhuśigru - Moringa concanensis Nimmo. Also called ***Sobhāñjana***. A herbal plant.

Madhusnuhī - ***Cīna*** Root; Bamboo briar Root. Smilax ***Cīna***, Linn.

Madhuyaṣṭī - Glycerrhiza; Licorice. Medicinally a very useful plant.

Madhūcchiṣṭa - Bee wax.

Madhūlaka - Bassia longifolia, a medicinal plant.

Madhvalu - Goa Potato. Chinese Yam or Sweet Yam. Denebra Arabica. Jacq.

Madhvikā- A type of wine.

Madhya - Medium or moderate.

Madhya Deś - Probably ***Miśra*** or the Egypt.

Madhyamānga - Trunk.

Maduka - Bassia Longifolia, Linn.

Madyaja Mūrcchā - fainting caused by alcoholic drinks.

Mahā Dhamanī - Aorta.

Mahā guḍa - One of the twenty varieties of parasites.

Mahā medā - Polygonatum cirrifolium royale. A plant species.

Mahā nimba - The plant Meli Azadirachta.

Mahā pāṣāṇa - Magnate stone.

Mahā pūta - Process of steaming or boiling drugs. Dig a round pit into the ground, which should be half ***Vysma*** (about 115cm.) deep one ***Hasta*** (about 46cm.) in radius. Fill its half portion with dried cow dung cakes. Place the ***Mūṣā*** (the herb pot) on it and fill the remaining half also with dried cow dung cakes. Fire and allow cooling after complete burning of the fuel. Thereafter, remove the saucer, open the joint and take out the drug carefully. Powder it and preserve for use.

Mahā rasa - Generally, this term indicates eight important minerals. Also used as a synonym of ***kānjika*** (a type of vinegar).

Mahā roga - Serious disease. ***Vāta vyādhī, aśmarī, kuṣṭha, prameha, udara, bhagandara, arśas*** and ***grahaṇī***-these eight diseases taken together are called ***Mahā roga.***

Mahā Śirā - Vena-cava.

Mahā śvāsa - A serious type of asthma.

Mahā saivana upanāha - A type of hot ointment.

Mahā sauṣira - Name of a disease-disease in which teeth get uprooted and cracks appear in the plate.

Mahā sneha - A recipe prepared primarily of ***ghṛita***, etc.

Mahā srotas- Alimentary tract.

Mahā svasa - Serious type of asthma.

Mahā viṭaroga - Serious type of ***vātika*** disease.

Mahābalā - Country mallow; Yellow barleria. Sida Rhombifolia, Linn.

Mahābhūta - The ***śaṛira*** (human body) is made up of ***pañca mahābhūta***, according to the Ayurveda. They include - the ***Vāta*** (wind), ***Ākāśa*** (ether), ***Agni*** (fire), ***Pṛithvi*** (earth) and ***Jala*** (water). The human body attains life only when ***Ātma*** (spirit), ***Indriya*** (senses) and ***Mana*** (mind) join the ***Mahābhūta***s. Each of the ***Doṣas*** is also made up of ***Mahābhūta***. ***Ākāśa Mahābhūta*** forms the ***Vāta***, ***Agni Mahābhūta*** forms ***Pitta*** as the ***Jāla Mahābhūta*** froms the ***Kapha Doṣa***. ***Doṣas*** are the biological units of living body that are responsible for all its functions.

Mahāgodhūma - Large grained. Triticum Vulgare.

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Mahājambīram - Lemon Citrus Limonum, Sp. A plant species.

Mahākāla (Indrayava) - Trichosanthus palmate, a medicinal plant.

Mahāmātṛika - Common carotid.

Mahāmedā - Reptadenia Spartum or Gymnema spartum. A plant species.

Mahānimba - Melia azadirach, a medicinal plant. Persian Lilac; Common Bead tree.

Mahāraṣṭrī - See ***Jalapippalī***, a medicinal plant.

Mahāśākali - Big scaled fish.

Mahāsrāvaṇikā - Spheranthus Indicus. All parts of plant are medicinally used.

Mahāta hikkā - A type of hic-cup which seriously afflicts the vital organs of the body.

Mahātaru - Triangular spurge. Euphorbia Antiquorum, Linn. A plant species.

Mahātikta - King of Bitters. The Creat. Chiretta.

Mahātyaya - Serious ailment.

Mahāvṛikṣa - Silk Cotton Tree. Bombax Malabaricum, Dc.

Mahauṣadha - Garlic. Allium Sativum, Linn.

Mahauṣadha - Ginger. Zingiber Officinale, Roscoe.

Mahendra jvara - Fever caused by ***Mahendra***.

Mahendra salila - Rain water.

Mahiṣā / Māhiṣa - Buffalo / pertaining to buffalo.

Mahiṣī - She-buffalo.

Maireya - **A type of vinegar.**

Majjā 1 - Marrow. Bone-marrow.

Majjā 2 - Central part of the kernel or seeds of a fruit.

Majjāgata - Small pox located in bone-marrow.

Makara - Crocodile.

Makarī - She-crocodile.

Makarmukha - Crocodile forceps.

Makeruka - One of the twenty varieties of parasites.

Makkala - After pains. (A delivery related term.).

Makkala Śūla - Swelling below the umbilicus after delivery.

Makuṣṭaka - Tapery Beans; Kidney Beans. Phaseolus Aconitifolius, Jacq. A plant species.

Makuṣṭha - Aconite, leaved kidney bean. A plant species.

Mala - 2. Substance which vitiates others. It is also used as a Syn. of ***doṣa***.

Mala 1 - The excretes, mainly the three of ***Purīṣa*** (stool), ***Mūtra*** (urine) and ***Sveda*** (sweating).

Malāśaya - Rectum.

Malāśaya śodha - Proctitis.

Malahara - Ointment. It is a greasy, semisolid preparation that is applied to the skin.

Mala-Viṣarjana - Discharge of faeces from the rectum.

Malayi - Yellowish blue colour.

Malhara Lepan - Anointing.

Malina - Fading in appearance.

Malla Vikāra - Arsenic poisoning.

Mallikā - Arabian Jasmine. Jasminum Sambac, Ait.

Mallikākṣa - A kind of goose.

Mamira - Coptis teta, a medicinal plant.

Mamśa,(dhātu) - Muscle tissue.

Mamula - Bryoms. Bryonia Epigoea, Rottl.

Mana - Mind.

Mana kanda - The plant Alocacia Indica.

Manahśilā - Realgar, arsenic bisulphide. The synonyms of ***Manahśilā*** are ***Nepali, Śilavha, Nāgajihvika, Manovha, Kunaṭī, Gouri*** and ***Karavīrika***.

Manḍa 1 - Sub acute.

Manḍa 2 - Water which is strained out after boiling rice.

Manḍa gamitva - Slow movement.

Manḍala - A type of skin disease.

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Maṇḍala kuṣṭha - A type of ***kuṣṭha*** (skin disease) in which circular patches appear.

Maṇḍalāgra - Circular knife or roundhead knife.

Maṇḍalāgra śastra - Knife with circular/curved edge.

Maṇḍalas - Different circles of the eye.

Maṇḍalia - Indian Coral Tree. Moochy Wood Tree. Erythrina Indica, Lam.

Maṇḍukī - Thyme leaved Gratiola. Herpestis Monniera.

Maṇḍuparnī - Himalayan yew. Taxes Baccata, linn.

Maṇḍūra 2 - ***Maṇḍūra*** is the oxide of iron, probably Fe_2O_3. The continuous oxidation due to weathering converts the iron in to iron oxide.

Mandāgni - Deficient digestive power or fire.

Mandanāla - Suppressed power of digestion.

Mandaraphalā - ***Kañcanār***, a medicinal plant.

Mandasravaṇa - Loss of hearing capacity.

Mandodaka - Liquid scum.

Mangala 1- Saffron. Crocus Sativus, Linn or C. saffron.

Mangala 2- Auspicious invocation.

Manibandha - Wrist.

Mañjarī- Sweet Basil. Ocimum Basilicum, Linn.

Manjiṣṭhā - The plant Rubia cordifolia. Indian Madder. Dyer's Madder. Rubia Cordifolia, Linn. R.

Manjiṣṭhā -meha - Choluria.

Mano bhrama - Giddiness and Forgetulness.

Manovāha srotas - Channels of the mind.

Manovigyān - Psychology.

Manovikāra - Psychic disorders.

Mantha - Special dish of barley flour. Thin gruel.

Manthana 1 - Churning, twisting, rinsing.

Manthana 2 - Drilling (in surgical operations).

Mantra - Incantations.

Manyā - Sterno-mastoid muscles.

Manyā graha - Torticollis.

Manyāstambha - torticolis.

Maraka - Epidemics. The occurrence in a community or region of a group of illnesses of similar nature, clearly in excess of normal expectancy and derived from a common source.

Maraka Varga - Group of herbs including: ***Ghana (mustā) (maśaparṇī) (śravanī), Vacā, Citraka, Gokṣura, Kaṭu tumbī, Dantī, Jātī, Sarpākśi, śarapunkha, Kanyā (Kumārī), Chanḍālini, Viṣamuṣṭi, Vajravallī, Lajjālu, Lakśa, Devadāli, Sahadevī, Nipakana, Nirgunḍī, Chakra, Lāngalī, Mānakanda, Candrarekhā, Ravibhakta, Kākamacī, Arka, Viṣṇukrāntā, Vayasatundi, Vajrī (Snuhī), Bāla, Śunṭhī, Koṣatakī, Jayantī, Rambhā (Kadalī), Matsyākṣi, Yamacinca, Haridrā, Dāruharidrā, Punarnavā*** (White, Red), ***Dhūstūra, Kākajanghā, Śatāvarī, Kancuki, Vandhya, Tila, Ekaparṇī, Dūrvā, Mūrvā, Harītakī, Tulasī, Gokanṭaka (Gokṣura), Ākhuparṇī, Karkaṭī kanda, Varga latā, Muṣalī, Hingu, Gudūcī, Sigru, Girikarṇikā, Mahārāṣṭrī (kañṭakarī), Mārkava (Bhṛingarāja), Saindhava Lavaṇa, Sāraṇī (Gandhaprasārini), Somalatā, Sarṣapa*** (white), ***Asanaka, Hamsapādi, Vyāghrapadī, Kimśuka, Bhallātaka, Indravāruṇī.*** All these drugs or even half of them or at least only 18 of them are used for the ***Māraṇa*** and ***Mūrcchana*** process of ***Pārada.***

Marakaṭa - Emerald.

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Mardana 1 - Kneading therapy.

Mardana 2 - Massage. It is rubbing of body with hands. It is generally used to relieve painful muscle spasm, to treat closed muscle fibre injury and reduces edema.

ica - Black–pepper; Decorticated pepper; Common pepper. Piper Nigrum, Linn.

Marica (***Śveta*** or White) - Seeds of ***śobhāñjana***, a middle-size maple tree with stick like fruits.

Marici - 0.16 mg. approximately. (A unit of measurement.).

Mariciphalam - Spanish pepper; Red pepper; Cayenne pepper. Capsicum Annuum, Linn.

Mariṣa - Amaranthus paniculatus, a medicinal plant.

Marjani - Broom-stick.

Markandī - Cassia angustifolia, a medicinal plant.

Markandika (***Sanai***) - The plant Cassia augvustifolia.

Marma - Vital points/vital spots in the body. 107 in number as per the Ayurveda.

Marmaghātaja dāha - One of the seven varieties of burning syndrome. It is produced by injury to vital organs. This variety is incurable.

Marubaka - Ocimum Caryophyllatum, Roxb. A plant species.

Maruṣaka - Origarum marjorana, a medicinal plant.

Maryādā - Limit.

Maśī guṭaka - Round piece of chalk.

Maṣaka - Mole on the skin.

Maṣavikriti - Preparations of ***māṣa*** i. e. horse - bean.

Mastiṣaka - The brain. It controls body's functions and is organ of speech, thought and emotions.

Mastiṣkavraṇa-Śotha - Meningitis.

Mastu - Buttermilk. Whey.

Masūra - Literally meaning 'Lens'. This is in reference to the biconvex lens like pulse of the lentil. The plant Lens culinaris Medic.

Masūrikā 1 - Lentils. The plant Lens culinaris Medic.

Masūrikā **2 - Small pox.**

Matkuna - Bed bug.

Matsī - She-fish.

Matsya - Fish.

Matsyākṣī - Alterathema seesitis, a medicinal plant.

Mauvaka - Bush–basil. Ocimum Minimum.

Maya - Dung.

Mayūra - Peacock.

Mayūra Puccha - Peacock's feathers.

Mayūraka - Copper Sulphate.

Mayūraṣikha - Adiantum caudatum, a medicinal plant.

Mayūrī- Ethan.

Mecandi or ***Madayantikā*** - The plant Lausonia inermis.

Meda 1 - Polygonatum cirrifolium Roy. A herbal plant.

Meda 2 - Sub cutanous fat.

Medhra - Male genital organ.

Medhrapāka - Urethritis.

Medhya - Memory promoting.

Medogata masūrikā - Small-pox in which fat tissue is afflicted.

Medoja- Caused by fat tissue.

Medo-vṛiddhi - Obesity and diseases related to it.

Meghanāda - See ***Taṇḍuliyaka***, a medicinal plant.

Megharava - A kind of water bird.

Meghavarṇa – Jambū l. Black Plum; Blackberry. Eugenia Jambolana, Lam.

Meha - Obstinate urinary disorders including diabetes).

Merudanḍa - The backbone.

Meṣa - Ram.

Meṣaśṛīngī - A herbal species. The term literally meaning 'horns like that of a ram'. That is recorded as opposed to the plant ***Ajaśṛingī***, which are

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straight in shape. Gymnema Sylvestre, R.

Methī- Fenugreek. Trigonella Foenum Graeceum, Linn.

Methikā - Fenugreek. Trigonella Foenum Graeceum, Linn.

Mīna - Fish.

Mihijām - Ginger. Zingiber Officinale, Roscoe.

Minmina /tva - Speaking indistinctly through the nose.

Miromati - Knot grass. Polygonum Aviculare, Linn.

Miśrī - Raw sugar.

Miṣamitita - Gold Thread; Golden thread root. Coptis -Teeta, Wall.

Miṣreya - Foeniculum vulgarae, a medicinal plant.

Misroya - Dill; Dill Seed. Peucedanum Graveolens, Benth.

Mitra varga - Drugs which form friendly combination.

Mleccha Phala - Coffee. Coffea Arabica. Linn.

Mleccha–gandha - Garlic. Allium Sativum, Linn.

Moca rasa - The term literally meaning 'a liberated juice i.e. a juice that falls down automatically'. This is in reference is to the free flowing resinous exudation of the plant Salmalia malabarica.

Mocaka - (unripe) Plantain or Banana. ***Muṣā*** Sapientum, Kuntze.

Modaka - Big pills, mostly sweet in taste.

Modaka 2 - Sweet preparation of food in bolus shape.

Moha - Unconsciousness.

Mokṣaka - Schreberasweit nioibes, a medicinal plant.

Mṛiṇālam - Lotus. The term literally meaning 'liable to be crushed'. This is in reference to the very tender nature of the leaf stalks of the plant.

Mṛiddāraśringa - Litharge (lead oxide).

Mṛidu - Soft or mild.

Mṛidu koṣṭha - Laxed bowel.

Mṛidu pāka - Stage of preparation of confection. If a small quantity of the recipe is taken and pressed by two fingers, then the finger print stays over the recipe.

Mṛidurecana - Laxative.

Mṛiga - Quadrupeds/wild animals.

Mṛiga roga - A fever occurring among deer etc.

Mṛigarāja - Lion.

Mṛigaśṛīnga - East Indian Screw Tree. Helicteres Isora, Linn.

Mṛigi - Apoplexy.

Mṛitagarbha - Chronic abortion.

Mṛittika pātra - Earthen jar.

Mṛittikā - Earth or soil.

Mṛityu 1 - Death. It is the permanent cessation of vital function.

Mṛityu 2 - Syn. of ***Jvara***.

Muca - A kind of fish.

Mucikunda - Pterospermum acerifolium Pterospermum glabreseens, a medicinal plant.

Mudga - A herbal species. The term literally meaning 'gladdening', from the root ***mud***. The plant Phaseolus rādi atus Linn. Mudga shakam is a vegetable. Green Gram. Kidney beans Phaselus Mungo. Linn.

Mudgaparṇī - Phaselus Trilobus, Ait.

Mudgara - Pestle.

Mudrīkā - Finger knife.

Muhurta - (A unit of time) 48 minutes approximately.

Mukha - Mouth.

Mukha daurgandha - Foul smell emanating from the mouth.

Mukha duṣikā - Pimples appear in the face in adolecense.

Mukha jaihmya - Facial paralysis.

Mukha pāka - Stomatitis or inflammation of the mucous membrane of the mouth.

Muktā - Pearl.

Muktā śukti - Pearl oyster.

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Muktānubandhi - Intermitent.

Munḍa - Bob.

Munḍī - Saphaeranthus indicus, a medicinal plant.

Muni - Scholar-saints who are considered as authority on the subject.

Muñja - Saccharum ciliase, a medicinal plant.

Murā - See ***Mūrvā***, a medicinal plant.

Murungi - Horse–radish; Drumstick. Moringa oleifera, Lam.

Muśalī - Asparagus adsendens, a medicinal plant.

Muśka srotas- Vas deferens.

Muṣalī 1 - A surgical instrument.

Muṣalī 2 - A herbal plant. Curculigo orchiodes Gaertn.

Muṣikmukh - Mouse teeth forceps.

Muṣṭi 1 - 32 or 48 gm. approximately. (A unit of measurement.).

Muṣṭi 2– Clenched fist.

Muṣṭikā - A fistful amount.

Mustā - Nutgrass. Cyperus Rotundus, Linn.

Mustādi Gaṇa - Group of herbs including ***Mustā***, ***Haridrā***, ***Dāruharidrā***, ***harītakī***, ***Āmalakī***, ***Vibhītaka***, ***Kuṣṭha***, ***Śveta Vacā***, ***Vacā***, ***Pāṭhā***, ***Kaṭukī***, ***Kākajanghā***, ***Ativiṣā***, ***Elā***, ***Bhallātaka***, and ***Citraka***.

Mustaka - Cyperus rotundus, a medicinal plant.

Mutrāśaya- Urinary bladder.

Mutrtakṣaya - Uraemia.

Muttoli - Broad, winding.

Mūḍha - Name of a venereal disease, also known as ***samūḍha pīḍaka***. Osteo-athritis.

Mūḍha garbha - Mal-presentation of the foetus in the womb of the mother.

Mūkatva - Deafness. It is complete or partial inability to hear.

Mūla viṣa - Root poisoning.

Mūlaka - Radish. The term literally meaning 'the root'. This is in reference to the swollen root of the plant, which is its most prominent part.

Mūlatṛina - Grass of Nemau; Roosa grass. Andropogon Martini.

Mūlinī - Vomitting swallow wort. Asclepias Asthmatica, a medicinal plant.

Mūrcchā - **Syncope. Fainting.**

Mūrcchana– Literally, cooking or becoming immobile. It is a process in which one or more substances are combined with ***pārada*** with the help of several processes, so that it looses its mobility and gains the power of eradicating the diseases and imparting the ***rasāyaṇa*** qualities, such ***pārada*** is called ***murcchita pārada*** and the operation is termed as ***mūrcchana***. ***Kajjalī***, ***rasa sindūra***, ***rasapuṣpa*** etc. are some forms of ***mūrcchana***.

Mūrdha - Top of the head.

Mūrdha taila - Anointing the head.

Mūrvā - Marsidenia tenacissima, a medicinal plant.

Mūṣā 1 - A particular pot to prepare drugs.

Mūṣā 2 - A pharmaceutical process. Contuse the drug with required ***Svarasa***, ***Kvātha*** etc. Make its pellet and dry. Keep these in an earthen saucer, close mouth of this with another saucer; seal the joints with a cloth and wet mud plaster. It is known as ***Mūṣā***.

Mūṣākarṇī - Ipomoea Reniformis, Chois, a medicinal plant.

Mūṣaka parṇika - The term literally meaning 'leaf like that of the ear of the mouse'. The plant Ipomea reniformis Chois.

Mūṣaka Viṣa - Rat bite poisoning.

Mūṣikā - She-rat.

Mūṣikā Karṇī - Ipomoea reniformis Chois. A herbal plant. Synonym of ***Mūṣāka Parṇī***.

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Mūṣkaka - A species of tree (the ashes of which are used as cautery).

Mūṣkakādi Gaṇa - Group of herbal plants including ***Mūṣkaka***, ***Palāśa***, ***Dhāva***, ***Citraka***, ***Madana***, ***Vṛikṣaka*** (***Kuṭaja***), ***Śimśāpa***, ***Vajra vṛikṣa***, and the ***Tṛiphalā***.

Mūtra - Urine.

Mūtra kṛicchara - Dysuria.

Mūtra lopa - Ischuria.

Mūtra mārga - Urethral douche.

Mūtra Praṇālī - Ureter.

Mūtra Roga - Diseases of the urinary system.

Mūtra vāha srotas- Urinary channel.

Mūtra Varga– The urines collected from the animals like ***Hasti*** (elephant), ***karabha*** (camel), ***Mahiṣī*** (buffalo), ***Khara*** (donkey), ***Vāji*** (horse), ***Go*** (cow), ***Aja*** (goat), ***Āvi*** (sheep). These animals may be either male or female.

Mūtrātitā - Chronic difficulty and delay in urination.

Mūtraghāta- **Anuria. Retention of urine.**

Mūtraja- Caused by urine.

Mūtrakṛicchra - Dysuria.

Mūtral - Diuretic.

Mūtrameha - Polyuria.

Mūtravṛidhi Yañtra - Canula.

Mūtrotsanga - Blood discharge with urine.

Nābhi - Omphalos.

Nāḍi 1 - Nerve. Pulse.

Nāḍi 2 - Sinus Tubular shape.

Nāḍi hingu - The plant Dikamali Resin or gardenia Gumifera. ***Niryāṣa*** (gum) of this plant is used medicinally.

Nāḍi sveda - A fomentation therapy in which a tubular structure is attached to the kettle in which drugs are boiled and by the steam which comes out of the tube, fomentation is performed.

Nāḍi Yañtra - Tubular instruments Speculum.

Nāḍiroga - Diseases of newborn babies.

Nāḍiśāka - Corchorus capsularies Linn. A plant species.

Nāḍivraṇa - Sinus of fistula.

Nāga 1 - Snake.

Nāga 2 - Lead. Syn. of ***Kurañga***, ***Kuvanga***, ***Bhujanga***, ***Sīsā***, ***Sīsaka***, ***Sindūrakarka*** etc.

Nāga Danta - Tiaridium Indicum. A plant species.

Nāga Jivhika - Arsenic Rubrum.

Nāga Viṣa - Lead poisoning.

Nāgabalā - Sida Spinosa, Linn. S. alba.

Nāgadantī - The plant Croton oblogifolius Roxb.

Nāgakeśara - The plant Mesua Ferra. Indian ironwood. Pollen (Keshara) of its flower is medicinally used. Also called ***Nāgakeśara***.

Nāgaphanī - The plant Euphorbia tirucalli.

Nāgara - Ginger. Zingiber Officinale, Roscoe.

Nāgaramustaka - The plant Cyperus rotundus. See ***Mustaka***.

Nāgavallī - Betel–leaf Pepper. Pipper Betle, Linn.

Nāga-viṣa - **Lead poisoning.**

Nāgranga - Sweet or Chinese Orange; Common Orange. Citrus Aurantium, Linn.

Nāla - Nodding reed.

Nālaka - Tubular bones. (Hollow like a reed); any long bone of the body, e.g. the tibia of the arms.

Nāranga - Orange, Citrus aurantifolia. Fruits and flowers of this plant are used for medicinal purposes.

Nārikela - (Syn. of ***Dirghavṛikṣa - Sadaphalā - Rasāyaṇa taru***). Cocoanut Palm. Cocos Nucifera. Linn.

Nāsā - Nose.

Nāsā kṛimi - Chronic cold associated with parasitic infestation.

Nāsā pāka - Suppuration of pimples in the nose.

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Nāsā pariśoṣa - Name of a nose-disease in which cannel of the nose is dried up by vitiated ***vāta***.

Nāsā roga - Diseases of nose.

Nāsā srāva - Discharge from the nose.

Nāsādāha - Name of a nose-disease.

Nāsādīpta - Name of a nose-disease associated with excessive burning sensation.

Nāsāgata Raktapita - Epistaxis.

Nāsārśa - Polyps in the nose.

Naḍikā 1 - Jute.

Naḍikā 2 - A division of time measuring about 30 minutes.

Naipālī - Arsenic Rubrum.

Nakaeruak - Alexandrian laurel; Pannāy tree. Calophyllum Inophyllum, Linn.

Nakha - Nail. These form dorsal surfaces of tips of fingers and toes.

Nakhari - Ipomoea Eriocarpa, Br.

Nakhaśastra - Nailparer.

Nakhī –There are five types ***Nakhī*** - ***kaṛi karṇa*** and ***turaga nakha*** - these two varieties should be used in fragrant recipes. ***Badarīka patra*** and ***utpala patra***-these two varieties should be used for fumigation. ***Vārāha Karṇa*** type of ***nakhī*** should never be used in medicine.

Nakra - Alligator / crocodile.

Nakṣatra - Constellation.

Naktāndhya - Night blindness. It is a disease caused by the vitiation of ***Kapha***.

Naktamalā - The term literally meaning 'garland of the night' as these flowers bloom by night. Synonym to the plant ***Karañja***, and ***Naktamalika***. Indian Beech. Pongamia Glabra, Vent.

Nakula - Mongoose.

Nakulāndhya - Nyctalop. It is a variety of night blindness in which patient in the day also sees peculiar outlines and his eyes (iris) shine like that of a mongoose (***Nakula***).

Nakulī - Aristolochia bracteata Aristolochia indica, a medicinal plant.

Nalamīna - A kind of fish.

Nalī - Brown Indian hemp; Jute; Decan Hemp; Bimlipatam jute;Ambari hemp.

Nalī 1 - Canal.

Nalī 2 - The plant Pennisetum glaucum R Br.

Nalvana - 8.292 kg. approximately. (A unit of measurement.).

Namana - Bending.

Namaskārī - Sensitive Plant; Humble Plant. Mimosa Pudica, Linn.

Nandī - Turpeth root; Indian Jalap. Ipomoea Turpethum, Br.

Nandīmukha - A kind of aquatic bird.

Nandī–vṛikṣa - Red Toon or Indian Mahogany Tree. Cadreia Toona. Roxb.

Nandyavartha - Indian Valerian. Valeriana Wallichii, Dc, V. leshenawtic - V. brunoniana.

Napunsak- Eunach.

Narasāra - **Ammonium chloride.**

Nartaka - Eleusine corcana, a medicinal plant.

Naṣṭārtava - Amenia; amenorrhoea.

Nasya - Medication through nose. They are five as per the methods, viz. (i) inunction (***Navana***), (ii) instillation of nasal drops (***Avapīḍana***), (iii) insufflation (***Dhūmapāna***), (iv) inhalation (***Nasya***) and (v) topical application (***Pratimarśa***). Effect wise the ***Nasya*** therapies are of three kinds, viz. 1. ***Virecana*** - purgatory; 2. ***Bṛimhana/Snehana*** - nourishing; lubricating; 3. ***Śamana*** - palliative.

Nava jvara - Freshly occurring fever.

Navanīta - Butter.

Navanītaka - Butter.

Navasāgara - Ammonium chloride.

Netra - Eye.

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Netra arbuda - Name of an eye-disease associated with irregular growth in it.
Netra kaṇḍu - Itcing in the eyes.
Netra nāḍi - Name of an eye-disease associated with differnt types of discharge depending upon the ***doṣas*** involved.
Netra pāka - Eye-suppuration.
Netra paṭala - Layer of the eye.
Netra prakopa - Conjuctivitis.
Netra śrāva - Discharge from the eye.
Netra śukra - Name of an eye-disease in which white portion of the eye spreads into the black portion.
Netrātyaya - Eye diseases.
Netrabhiṣyanda - Conjunctivitis.
Netra-bindu - This is a liquid lotion to be dropped in eyes to cure eyetroubles.
Netrakopa - Conjuctivitis.
Netraśuddhi - Odina Wodier, Roxb, or Rhus odina.
Nīla - True Indigo. Dyer's Indigo. Indigofera Tinctoria, Linn.
Nīla drum - Blauholz. A plant species.
Nīla Dūrvā - Cynodon Linearis. A plant species.
Nīla nirgunḍī - Gendarussa Vulgaris, Nees. A plant species.
Nīlāñjana - Galena. Though the information regarding its identification is meager, ***Nīlāñjana*** is considered as lead compound i.e. lead sulphide, which is called Galena. Galena is also known as lead glance, and blue lead.
Nīlabralakrati - Purple Tephrosia. Galega Purpurea, Linn.
Nīlagiṛipatra - The tree Eucalyptus.
Nīlakamala - blue lotus.
Nīlamani - Saphire.
Nīlameha - The plant Nerium Odarum.
Nīlavṛikṣa - Diospyros Candollena, Wight.
Nīlikā 1 - True Indigo. Dyer's Indigo. Indigofera Tinctoria, Linn.
Nīlikā 2 - Name of a minor skin-disease characterized by coloured circular patches on the face or body.
Nīlini - Impatiens Roylel, Walp. Indigofera Angustifolia. A plant species.
Nīlotpala - Water–Lily. Blue lotus. Nymphaea Lotus, Linn.
Nīlotpalam - Monochoria Hastaefolia, Presl.
Nicula - Barringtonia acutangula Linn Gaertn. A plant species.
Nidāna - Etiology.
Nidigdhika - Wild Eggs Plant. Bitter–sweet. Woody Nightshade. S. diffusum.
Nidrā - Sleep.
Nidrādhikya - Hypersomnia.
Nidrājanana - Hypnotios. A drug that brings sleep.
Nighartana - Hammering.
Nikocaka - Pinus gerardiana Wall. A plant species.
Nikumba - Jatropha Glandlifera, Roxb. A plant species.
Nili - Tndigofera tinctoria, a medicinal plant.
Nillin - Melted material.
Nimba -The famous ***Neem*** tree. ***Neem*** or Margosa Tree. Azadirachta Indica.
Nimbu - Lemon.
Nimbuka - Lemon Citrus Limonum, Sp. Risso. A plant species.
Nimeṣa - Name of an eye-disease in which eye-lids frequently move in different directions.
Nimeṣini śirā - Nerve that is responsible for closure of eyelids.
Nimitta - Syn. of ***Nidana***, causative factor.
Nirāma - Free from undigested materials.
Nirghaṭana - Pulling out after crushing.
Nirgunḍī - Five–leaved Chaste Tree. Vitex negundo, Linn.
Nirjara - Heart–leaved moonseed. Cocculus Cordifolius, Miers.

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Niruddha guda - Stricture of the rectum.

Niruddha prakāśa - A painful disease in which skin over the glands gets contracted and flow of the urine gets obstructed.

Nirudha prakāśa Yañtra - Prepuce or urethral dilator.

Niruha - A variety of medicated enema prepared of decoction of drugs, etc.

Niruhaṇa basti - Administration of drugs through nasal passage.

Nirviṣa - Delphinium denudatum, a medicinal plant.

Nirviṣi - Delphinium denudatum. Wall.

Niryāṣa - Exudates.

Niśā - Saffron; Turmeric. Curcuma Longa, Linn.

Niśājvara - Fever occurring at night.

Niścandra - Free from dazzling particles.

Niṣcandra - Very fine powder.

Niṣka - Unit of weight approx. 4 gm.

Niṣka - Unit of weight. Approx. 4 gm.

Niṣpāva - 1. Dolichos lablab, a medicinal plant.2. Different tyupes of beans.

Niṣṭhivana - Spitting. A therapy in which drugs administered cause spitting.

Nitamba - Breech. Buttocks.

Nivāra - Higrorhyza aristata, a medicinal plant.

Nivāra – See ***Tṛiṇadhānya***.

Nṛipadruma - Indian Laburnum; Pudding Pine tree.

Nyaccha - Name of minor skin-disease characterized by grayish or black coloured circular patches.

Nyagrodha - Banyan Tree. Ficus Bengalensis, Linn. F. indica.

Nyanku - A kind of antelope.

Odana - Cooked rice.

Ojas - The essence of the seven categories of ***dhātu***s or tissue elements. It is responsible for strength and vitality in the body. It is of two types viz, ***para*** and ***apara***.

Oṣa - Heat accompanied with burning sensation.

Oṣṭha roga - Lip-diseases.

Oṣṭhabheda - Harelips.

Pāṇitala - 8 gm. approximately. (A unit of measurement.).

Pācaka - Digestive.

Pācana - 1. Carminative. 2. Drugs which help in the metabolic transformation of ***ama***.

Pācymana- Beginning stage of suppuration.

Pāda anguli - Phallanges.

Pāda dāha - A diseases characterized by burning sensation in the legs particularly in the soles of the feet.

Pādabhramśa - Fallen arch or flatfoot. An indisposition.

Pādadārī- Name of a minor skin-disease characterized by cracks in the soles of the feet.

Pādaharṣa - A disease characterized by tingling sensation and numbness in the feet.

Pādajānūdaya - Foot and knee presentation (delivery-related terminology).

Pādodaya - Footling presentation (delivery-related terminology).

Pāka 1 - Metabolic transformation.

Pāka 2 - Pus formation.

Pākātyaya - Name of an eye-disease in which white layer covers the black layer from all sides.

Pākahamsa - An aquatic bird.

Pākala - A stage of ***Tandrikā*** type of ***sannipāta*** fever when it is associated with pain in cardiac region, stiffness in the sterno-mastoid region and bleeding from different parts of the body.

Pālaka - Spinacia oliracia, a plant see ***Pālañki***.

Pālañka - Beet vegetable.

Pālañkī - Country Pinach. Beet–root.

Pālitya - Premature graying of hair is known as ***Pālitya***.

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Pāma - Itches. Kind of eczema. ***Pāma*** is a skin disease characterized by appearance of numerous pimples with discharge, itching and burning sensation particularly between fingers, on the border of the hand, thighs, buttocks etc.

Pāma kuṣṭha - A type of ***kuṣṭha*** (skin diseases) characterized by large number of itchy eruptions.

Pāna vibhrama - A type of alcoholism.

Pānātyaya - Alcoholism.

Pānajīrṇa - A form of alcoholism associated with indigestion.

Pānaka - Beverage.

Pānḍu roga - Anaemia.

Pānḍuta - Anemic. Pale yellow colour.

Pāngulya - Deformed foot. Inability to walk.

Pānīya - Drinks, especially water.

Pāpa - Lit. Sin. In this text, this term is used as a syn. of ***jvara*** (fever). In Ayurvedic texts, It is also used as a Syn. of disease in general.

Pārijāta puṣpa - Amaranth.

Pārad Vikāra - Mercurial poisoning.

Pārada - Mercury.

Pāramada - A type of alcoholism.

Pāribhadra - **Indian Coral Tree; Moochy Wood Tree. Erythrina Indica, Lam.**

Pārijāta - The plant Night Jasmine; Weeping Nyctanthes .

Pārijātaka - Indian Coral Tree. See ***Pāribhadra***.

Pārśva - Flanks.

Pārśva - Sides of the chest.

Pārśva śūla - A disease characterized by excruciating pain in cases of pleurisy.

Pārśvāsthi - Ribs.

Pārśvavatarana - Transverse presentation (delivery-related terminology).

Pārśvavimarda - Breathing difficulty.

Pārśya graha - Stiffness in cases of pleurisy.

Pārsika Yavānī - The plant Hyoscymus niger. All parts of plant particularly its seeds are medicinally useful.

Pāśa - Chain; something suffcient to hold some material.

Pāṣāṇa gardabha - A minor skin-disease characterized by swelling in the mandible joint.

Pāṣāṇabadra - Jade. Useful in treatment of such diseases as ***Atisāra***.

Pāṣāṇabhedaka - The plant Bergenia lingulata Wall. The term literally meaning 'a stone breaker'. This is in reference to its effect on urinary calculus.

Pāṣāṇabhedi - Country borage. Coleus Aromaticus, Denth.

Pāṣāṇagarbha - Mumps, parotitis.

Pāṣāṇagardabha Jvara - ***Pāṣāṇagardabha Jvara*** is a condition where along with fever a smooth, immovable, tender gland appears behind the ear due to the swelling of parotid gland related with the formation of saliva. At first inflammation sets in one side with pain and a moderately high fever but it may involve other side also. The attack lasts four to six days and may lead to the complications like swelling of scrotum. It is a contagious disease affecting particularly the children and young adults.

Pāṭala 1 - Sterospermum suaveolens, a medicinal plant.

Pāṭhā - The plant False pareira, Cissampelos Pareera.

Pātāl gaḍūdcī - Cocculus hirsutus. A herbal plant. Its leaves and roots are used in various drugs.

Pātāla yañtra - Equipment used under ground for extraction of oil.

Pātālagaruḍa - Corallocarpus Epigaea, Hook.

Pātālagarudi - Cocculus Villosus, Dc.

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Pātana - A type of surgical management; cutting open. Opening the wound by incision.

Pātaparṇī - Syn. of ***Svarṇakṣīrī***. Argemone mexicana, a medicinal plant.

Pāyana - Tempering.

Pāyasa - Rice cooked along with milk and sweetened.

Pāyasya - Holostemma rheedii, a medicinal plant.

Pada Kūrca - Metatarsals.

Pada tāla - Tarsals.

Padma 1 - Egyptian or Sacred Lotus. Nelumbium Speciosum, Wilk.

Padma 2 - Foxnut. Euryale Ferox, Salisb.

Padma Keśara - Lotus stamen, medicinally used for various purposes.

Padma Puṣkara - Orris root. Iris Florentina, Linn. I. Germanica & I. Pallida.

Padmaka - A herbal species. The term literally meaning 'the plant with lotus like red spots on the fruit'. Prunus cerasoides, a medicinal plant.

Padmakapuṣkara - A species of bird.

Padminī kaṇṭaka - Name of a disease characterized by round patches on the face studded with thorn-like eruptions.

Paicitya - See ***picciṭa***.

Paittika - Caused by aggravated ***pitta*** (***pitta***) humor.

Pakṣa - (A unit of time) One -fortnight / fifteen days.

Pakṣa pāta - hemiphlegis.

Pakṣa vāta - Hemiplegia.

Pakṣaghāta - Paralysis. It is the complete or partial loss of controlled movement caused by the inability to contract one or more muscles.

Pakṣama - Eyelash.

Pakṣavadha - Hemiplagia.

Pakṣma pāta - Name of the fever of ***patañga*** (insects) characterized by the fall of their wings.

Pakṣmavarodha - Obstruction of vision by eyelashes.

Paksma kopa. - Name of a disease of eyelashes in which eye-lashes enter into the eyes.

Paksma roga - Disease of eyelashes.

Paksma śata - Name of an eye-disease that causes the depilation of eyelashes.

Pakti śūla - Colic pains during the process of digestion.

Pakva - Mature stage of the disease.

Pakvāśaya - Colon. Large intestine.

Pakvāśaya vāta - Location of ***vāta*** in the colon.

Pakvātisāra - It the patient of Diarrhoea fells lightness in the body and his faeces does not sink in the water. This condition is known as ***Pakvātisāra***.

Pakvaka - Syn. of ***Kodrava***.

Pala - Unit of weight & measurement. Approx. 48 gm. or ml.

Palāla - Sweat meal prepared by sesame.

Palāndū - Allium cepa, a medicinal plant. Onion.

Palāśa - The tree Butea semen.

Palita - Premature graying of hair.

Palitamandar - Indian Coral Tree; Moochy Wood Tree. Erythrina Indica, Lam.

Palivaya - Beta nulgaris, a medicinal plant.

Panāsa - Indian Jack tree. Artocarpus Integrifolia, Linn.

Panāsika - Name of an ear-disease characterized by an eruption in the interior of the ear.

Pañca Aja - Goat's milk, ghee, curd, urine and excreta.

Pañca Gavya - Cow's milk, ghee, curd, urine and excreta.

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Pañca karma - Collective name for five elimination therapies viz; ***vamana*** or ***emetic***, ***virecana*** or ***purgative***, ***āsthāpana*** or a type of medicated enema, ***anuvāsana*** or enema with oil, etc.

Pañca Kola - The five hot herbs including ***Pippalī***, ***Pippalīmūla***, ***Cavya***, ***Citraka*** and ***Śunṭhī*** (also called ***Pañca Uṣṇa***).

Pañca kṣāra- Five types of alkali preparations.

Pañca lavaṇa-Five types of salt.

Pañca Mahiṣa - Buffalo's milk, ghee, curd, urine and excreta.

Pañca Mṛittikā - Five kinds of soil. 1. ***Vālmīka*** - soil obtained from the anthill of white ants, ***Dhūma*** - black soil, ***Gairika*** - morrom, ***Eśtaka*** - powder of bricks, ***Pānḍulavaṇa*** - general soil.

Pañca Mūla (***Bṛihat*** i.e. Major) - ***Bilva*** (bael fruit), ***śyonāk*** (Oraxylum indicum), ***Gambhārī*** (Gmelina Arborea), ***Pāṭala*** (Stereospermum suaveolens), ***Araṇī*** (Premna Integrifolia).

Pañca Mūla (***Laghu***, ie. Minor) - ***śalaparṇī***, (Desmodium gangeticum), ***Pṛiṣṇiparṇī***. (Vraria lagopoides) ***Bṛihatī*** (minor - Solanim indicum), ***Bṛihatī*** major (Solanum Xanthocarpum), and ***Gokṣura*** (Tribulus Teestris).

Pañca Pallava - The leaves of five fig trees - ***Āmra*** (Mango), ***Jamubu*** (***Jāmun***), ***Kapittha*** (woodapple Feronia eliphantum), ***Bijapurna*** (Lemon) and ***Bilva*** (Bael).

Pañca sāra /ka - 1. A drink prepared of ***drakśa***, ***dāḍima khajura***, honey and crystal sugar. 2. A drink prepared of ghee, milk, sugar ***pippalī*** and honey.

Pañca Tṛiṇamūla - ***Kuś*** (Andropogon Naridiaides), ***Kāś*** (Saocharum Spantaneum), ***śar*** (Anmdropogom Citratus), ***Darbha*** (Poa Cynosuroides), and ***Ikṣu*** (Sugar cane).

Pañca Uṣna - The five hot herbs including ***Pippalī***, ***Pippalīmūla***, ***Cavya***, ***Citraka*** and ***Śunṭhī*** (also called ***Pañca Kola***).

Pañca Valkala - The barks of the five trees - ***Udumbara*** (Ficus Glomerata), ***Pippalī*** (Ficus Religiosa), ***Pariś*** (Hibixus), ***Plakṣa*** (Ficus Infectonia) and ***Vaṭa*** (Banyan).

Pañca Vallimūlam - The group of five hubs including ***Vidārī-Ajaśṛingī-Haridrā- Ananatamūla-Guḍūchī***.

Pañcānga - Bark, leaves, fruit, flowers and roots of the plant.

Pañcānga type of bandage- Specially used for fracture of jawbone.

Pañcāngi - A five tailed herbal plant something having five limbs.

Pancāñgulam - Castor–oil plant. Ricinus Communis, Linn. R. dicoccus.

Pañcaja - Preparation of the milk, curd, ***ghṛitam***, urine and stool of the goat.

Pañcakarma - Five elimination therapies.

Pañcakeśara - Alexandrian laurel; Pannāy tree. Calophyllum Inophyllum, Linn.

Pañcakola - Pepper, roots of pepper, ***cavya***, ***citraka***, dried ginger and the roots of ***dūrvā*** grass.

Pañcalavaṇa - Five kinds of salts - They include ***Saindhava*** (Rock Salt), ***Sauvarcala*** (obtained from Sambhar lake, Rajasthan, also called Ruchaka), ***Viḍa*** (black salt, common salt + soda carbonate, etc.), ***Samudra*** (Common Sea - salt), and ***Audbhida*** (salt obtained from soil also called Reha).

Pañcamūla (***Laghu***) - A group of herbs including the ***kañṭakārī*** (root), ***bṛihatī*** (root), ***gokṣura*** (fruits), ***pṛiśniparṇī*** and ***śālaparṇī***.

Pañcapallava - Leaves of Mango, ***jamun***, ***kapittha***, ***bijpūra*** - plant

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of ***jambīra*** lemon) and ***bilva*** tree are called as ***Pañcapallava.***

Pañcatva - Patient facing death.

Pañcavikā - Preparation of milk, curd, ***ghṛitam***, urine and stool of sheep.

Pañcmṛittika - Combination of the following - ***Vālmīka*** - The soil obtained from the ant-hill, ***Dhūma*** - the black soil, ***Gairika*** - the morrom, ***Iṣṭaka*** - the dust of backed bricks, ***Paṭu*** - the soil obtained from the arid zones.

Pañcparṇī - Silk Cotton Tree. Bombax Malabaricum, Dc.

Pañcūṣṇa- Same as ***Pañca Kola.***

Pangu - Immobility of limbs.

Pani mantha - An instrument used for incission.

Pani śukti - Unit of measurement; approx 12 gm.

Pani tāla - Unit of weight ; Approx. 12 gm.

Pañka 1- Muck soil.

Pañka 2 - Syrup. This is prepared with sugar or sugar candy or juice of sweet fruits as its base. The drug is kept boiling into water till it becomes sticky.

Pañkaja - Egyptian or Sacred Lotus. Nelumbium Speciosum, Wilk.

Pannā - Emerald.

Pappana - Paveta Indica, Linn. Ixora pavetta. A plant species.

Parṇayavānī - The plant Coleus aromaticus. Leaves and roots of this plant are used in drugs.

Parasika Yavānī - Hyoscyamus niger Hyoscyamus reticulates, a medicinal plant.

Paratañtra - Dependent upon other factors.

Paravata–Pādi - Ballon vine or winter cherry; heart's pea Cardiospermum Halicacbum.

Pariṇāma - Type of colic pain.

Pariṇāma Śūla - Duodenal Ulcer. This type of pain is caused by the ulcer in the duodenum. In this indisposition the pain occurs after digestion of food i.e. 3 to 4 hours of taking the meal.

Paribhāśa - Compilation of the implication of technical terms.

Paridara - Name of a tooth-disease in which gum muscles get withered and the patient spits blood.

Parigarbhikā - The breast feeding by a woman who is pregnant causes in the child, the symptoms like vomiting, loss of appetite, indigestion, enlargement of the abdomen, drowsiness, loss of weight, cough and illusion. This condition is known as ***Parigarbhikā.***

Parigraha - Original cause of affiction. Stiffness of limbs.

Parilepi - Ear-disease characterized by small pimples in the ear-lobe caused by ***kaphaja*** and ***raktaja*** types of parasites.

Parimlayi - Yellowish blue colour.

Parimlayi timira - A type of ***timira*** (cataract) in which the patient sees objects circular with yellowish blue or blue colours.

Paripoṭaka - Ear-disease associated with swelling in the ears caused by pulling them for a long time.

Pariṣa - Thespesia populnea, a medicinal plant.

Pariṣe /ka / cana - Sprinkling of water over the body of the patient.

Pariṣlma - A tooth-disease.

Parisrāva - Exudation.

Parisrāvi - A type of fistula-in-ano associated with thick exudation.

Parivartīkā - Paraphimosis.

Parjanyā - Indian or Nepal or Ophthalmic Barberry; Tree–Turmeric.

Parlāpa - Delirium.

Parpaṭa - A herbal plant. Five leaved fumitory.

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Parpaṭī - A medicinally useful substance obtained through the following process. Prepare ***Kajjalī*** of the drugs and place it in a ***ghee*** coated big pan. Heat it on the fire and melt it to the liquid consistency. Thereafter, transfer it on the leaf of ***Kadalī*** (plantain) which is kept on the cow dung and immediately press it with another leaf of ***Kadalī***. On cooling collect the thin plate of the medicine. This is known as ***Parpaṭī***.

Parṣuka - Last rib.

Partyanga - Minor parts that are attached to such major parts, as the eyes, heart etc, are the ***Partyanga***.

Paruṣakādi Gaṇa - Group of herbs including ***Paruśaka***, ***Drakśa***, ***Kaṭphala***, ***Dāḍima***, ***Rājadāna***, ***Katakaphala***, ***śakaphala***, and ***Triphalā***.

Paruṣka - A herbal species. Grewia asiatica.

Parvani - An eye-disease associated with circular swelling in the joint between sclera and cornea having coppery colour.

Paryuṣita - Stale. Kept over-night.

Paścāt Karma - Post-operative procedure that includes cleaning & dressing and the like.

Paśita- Muscle tissue.

Paśugandhā - Three–leaved caper. Crataeva Religiosa. A plant species.

Paṣurka - A type of a ***vātika*** diseases affecting the sides of the chest.

Pasta - Pasted cereals / pulses, especially horse- bean.

Paṭala 2 - Name of an eye disease.

Paṭala arbuda - Tumour in the different layers of the eye.

Paṭala– Layer/s of the eye.

Paṭhina - A kind of fish.

Paṭola - Trichosanthes diocea Trichosanthes cucumerina. Linn. A type of creepers.

Paṭolādi Gaṇa - Group of herbal plants including ***Paṭola***, ***Candana***, ***Rakta Candana***, ***Mūrvā***, ***Guḍūcī***, ***Pāṭhā***, and ***Koṣatakī***.

Paṭu - The soil obtained from the arid zones.

Paṭuśāka - Corchorus oletorius, a medicinal plant.

Patañga - Haematocylon campechianum, a medicinal plant.

Pathya - Useful meal items, diets, exercises, etc. Opposed to ***Apathya***.- Myroblan; Chebulic Myrobalan; Ink Nut; Indian gall–nut; Gallnut. Terminalia Chebi. A. Retz, T. reticulata.

Patikalodra - Symplocos crataegoides, a medicinal plant.

Patra 1- leaves.

Patra 2- Unit of measurement, approx. 3.072 kg/litres.

Patra kalka - After medicinal oil is cooked properly it is strained. When it still hot, scented herbs like saffron etc. are added to it for aromatic results. This is called ***Patra Kalka***.

Patraka - ***Tejapatra*** i.e. cassia leaves.

Paya - Milk.

Payasvinī - Ipomoea Digitata, Linn.

Peśī - Muscles.

Peya - Liquid with small grains. A kind of beverage. The preparation containing more liquid and little solid is known as ***Peya***. Cook rice or barely in 6 times of water to get ***Peya***.

Phānṭa - It is a hot infusion. A very finely powdered herbal drug is infused in boiling water four, six or eight times greater (in weight) for 2 to 3 hours.

Phakka Roga - Rickets. If child is unable to stand within the age of one year, he is likely to suffer from rickets.

Phala - Fruit (seed).

Phala vartī - Suppository.

Phalgu 1- Fig–tree. Ficus Carica, Linn.

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Phalgu 2 - A stage of ***śītañga*** type of ***sannipāta*** fever when there is excessive pain in the right side of the patient.

Phanjikā - ***Bhārgī***, a medicinal plant.

Phenaka 1- Cuttle fish bone. Os sepia sea foam.

Phenaka 2- Soap.

Phirañga - ***Upadamśa*** (syphilis) not treated properly may become generalized through lymphatic affecting skin, mucous and nearly all the tissues of the body. This condition is known as ***Phirañga***.

Phumphunaka - Name of a stage of ***śītañga*** type of ***sannipāta*** fever when there is excessive pain in liver, spleen, intestines and lungs.

Phuphusa- Lungs.

Pīḍaka 1 - Pimples.

Pīḍaka 2 - Diabetic eruption.

Pīḍana - Kneading, rubbing, squeezing, etc.

Pīlū - **Tooth Brush Tree. Salvadora Persica, Linn, S. Wightiana.**

Pīnas - Ozaena, sinusitis.

Pīnasa- Chronic rhinitis.

Pīta Candana - Cocinium fenestrartum Gaertn. Kind of herbal species.

Pīta dāru - Indian. Nepal or Ophthalmic Barberry. Tree–Turmeric. Berberis Aristata.

Pīta sarpī - It perhaps means carbuncles in the back.

Pītābha - Sontalum flonum, a medicinal plant.

Pīta-Haritāla - Oxide of arsenic and sulphur.

Pīta–karabira - Nerium Psidium.

Pītamajjā - Yellow marrow.

Pīttala - Brass. ***Ara***, ***Arkuṣṭha***, ***Kalilauha***, ***kṣudra svarṇa***, ***Pingala***, ***Ṛiti***, ***Ṛitika***, ***Sitakanaka*** etc. are its synonym.

Piccaṭa - An eye-disease.

Piccha - Mucus in stool.

Piccha srāva - Voiding of mucus.

Picchita- Contusion.

Piccila - Slimy.

Picu - 8 gm. approximately. (A unit of measurement.).

Picu - Syn. of ***karṣa*** - unit of weight approx. 12 gm.

Pilla roga - Name of an eye-disease.

Pinḍa 1 - Bigger pills. Bolus.

Pinḍa 2 - A ball or lump of rice.

Pinḍa 3 - Vangueria Spinosa. Roxb. A plant species.

Pinḍa kharjūra - Edible Date. Phoenix Dactylifera, Linn.

Pinḍa Tagara - Tabernaemontana Crispa.

Pinḍalu - Globose yam; Dioscorea Globosa, Roxb & Prain.

Pinḍī - Food preparation in the form of a thick kalka.

Pinḍikā- Bolus form.

Pinḍikṛitya - Bolus-form.

Piñjaka - ***Haritāla*** of arsenic and sulphur.

Piñyaka - Oil of linseed.

Pipāsā - Morbid thirst.

Piplu - Name of a skin disease.

Pippalī - Piper longum, a medicinal plant. Dried catkins; Long–Papper. Piper Longum, Linn. Chavica roxburgii.

Pippalī 1 - Sacred Fig; Peepul Tree. Ficus Religiosa, Linn.

Pippalī 2 - Name of a skin disease.

Pippalīādi Gaṇa - Group of herbs including ***Pippalī***, ***Pippalīmūla***, ***Cavya***, ***Citraka***, ***Śṛingabera*** (***Sunthi***), ***Marica***, ***Hastipippalī*** (***Gajapippalī***) ***Hareṇukā***, ***Elā***, ***Ajamoda***, ***Indrayava***, ***Pāṭhā***, ***Jīraka***, ***Sarṣapa***, ***Mahānimba Phala***, ***Hingu***, ***Bhārgī***, ***Madhu Rasa*** (***Mūrvā***), ***Ativiṣā***, ***Vacā***, ***Viḍanga*** and ***Kaṭukī***.

Piṣṭānna- Pastry food ingredients prepared of ***kalka*** of corn flour, rice etc.

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Piṣṭaka - Name of an eye-disease characterized by a growth in the sclera.

Piṣṭameha - Chyluria. Passing excessive quantity of urine.

Piṣṭi 1- Amalgam.

Piṣṭi 2 - Flour like substance - Actually the gemstones instead of subjecting to ***māraṇa*** process, are finely powdered and triturated with prescribed liquid for several days and dried up. The resultant fine powder is called ***piṣṭi*** eg. ***pravāla piṣṭi***, ***muktā piṣṭi*** etc.

Pisāca - Name of a group of evil-spirits.

Pisāca Karpāsa - The plant Abroma Augusta. Root, leaves and root barks of this plant are used in various medicines.

Pithari - Rock anthem. Glossocardia Bosvallia, Dc.

Pitr - Dead ancestors.

Pitta 1 - One of the three ***doṣas***—the other two being ***vāta*** and ***kapha***.

Pitta fever - High temperature accompanied with diarrhoea, vomitting bitter taste in the mouth, thirst, boils on lips, nose, mouth and throat delirium, fainting and unconscious ness are the signs and symptoms of the ***pitta*** fever.

Pitta Praṇālī - ***Pitta*** duct.

Pitta Roga - Diseases caused by aggravated ***pitta***.

Pitta Varga - The ***Pittas*** (secretion of the gall bladder) of five animals i.e. fish, cow, horse, ***ruru*** (***citra mṛiga***) and peacock are known as ***Pitta-varga***. The gall secretion i.e. ***pitta*** of the animals are collected and used. They have also some therapeutic value.

Pittāgni - Heart–leaved moonseed. Cocculus Cordifolius, Miers.

Pittāśaya - Gall bladder.

Pittāśmarī Śūla - Biliary colic.

Pitta-alleviating drugs - Drugs that alleviate vitiated ***pitta***.

Pitta-dhāra - Carrier of ***pitta***.

Pittahara - Duodenum.

Pittaja - Caused by ***pitta***.

Pitta-parpara - Fumaria purviflora. A plant species.

Pittavṛikṣa - Indian Hog plum or Wild Mango. Spondians Mangiffera, Willd.

Piyāla - Buchanania Latifolia, Roxb. A plant species.

Piyūṣa - 1. The milk of a cow during the first seven-day's after calving. 2. Nectar.

Piyūṣa Granthi - Pituitary gland.

Plākṣa - Ficus lacor, a medicinal plant.

Plānḍu - Onion.

Plava - A kind of aquatic bird.

Plīhā 1 - Spleen.

Plīhā 2 - Spleenic abscess.

Plīhā kacapikā - A type of spleen related disorder.

Plīhā Vṛiddhi - Enlargement of liver and spleen; infantile cirrhosis.

Plīhāroga - Spleen related diseases.

Pluṣṭa - These are the simple burns where colour of the skin is considerably affected and the skin is shriveled as a result of scorching.

Podikā - Mint.

Polika - Muffin.

Poṭṭalī - Recipe tied in a piece of cloth and boiled with other drugs.

Potakī - Indian spinach or Malabar Night–shade. Basella Alba, Linn.

Pothakī - Trachoma.

Pṛiśni - Calcaneum region.

Pṛiśniparṇī - The plant Uraria picta. The term literally meaning 'leaf, variegated, speckled'. A herbal species. Its roots are used in medicines.

Pṛiṣṇi - Calcaneum bone.

Pṛiṣṇīparṇī - Uraria picta, a medicinal plant.

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Pṛiṣṭha - Back of the body.
Pṛiṣṭha - Back.
Pṛiṣṭha bhanga - Breaking pain on the back.
Pṛiṣṭha Vamśa - Vertebral column.
Pṛiṣṭhamukhī Śayan - Prone position.
Pṛiṣṭhavamśa - Vertebral column.
Pṛithu bradhna - Swollen like an enlarged inguinal gland.
Pṛithuka - Flattend rice obtained from boiled paddy.
Pṛiyā - Jasminum Grandiflorum, Linn.
Pṛiyāla - Buchanania lanzan spreng. A herbal species.
Pṛiyāngvādi Gaṇa - Group of herbs including ***Pṛiyangu***, ***Samangā*** (***Lajjālu***), ***Dhātakī***, ***Punnāga*** (***Turiga***), ***Nāgapuṣpa*** (***Nāgakeśara***), ***Candana***, ***Kucandana*** (***Raktacandana***), ***Mocarasa***, ***Rasāñjana***, ***Kumbhika*** (***Jalakumbhī***), ***Srotāñjana***, ***Padmakeśara*** (***Kamala Keśara***), ***Yojanavallī*** (***Manjiṣṭhā***), and ***Dugdhamūla*** (***Śālaparṇī*** or ***Durlālabhā***).
Pṛiyangu - Callicarpa macrophylla vahl. A herbal species.
Prāṇa - Vital force.
Prāṇa vāta - The vital wind, oxygen.
Prāṇāyāma - 1. A serious type of ***vātika*** disease in which ***vāta*** causes contraction of the body with great force. 2. In ***yoga***, this term pertains to breath control.
Prāṇada - An ear-diseases characterized by occurrence of different types of sound.
Prāṇaga Vṛikṣa - Dragon tree.
Prāgrūpa - Premonitory signs and symptoms.
Prākṛita - Caused by the ***doṣas*** which are naturally vitiated during the season.
Prāśa - See ***Lehyam*** or ***Avaleha***. Confection.
Prātaraś - Breakfast.
Prāyaścitta - Repentance.
Prabhāva - Specific action of a drug.
Pracanna - Scratching ; a method of blood-letting therapy.
Praccada - Birds living under cover of tree.
Pracinamālaka - Many spiked Flacorita. Flcourtia Cataprracta, Roxb.
Pradara - Obstinte uterine disorders including menorrhagia.
Pradeha - External application of drugs in ***kalka*** form.
Pradhāna Karma - Operation proper (other related terms include ***Pūrva*** and ***Paśchata Karmas***).
Pradhamana - A type of ***nasya*** (inhalation) therapy-insufflations of powder of drugs through nostrils.
Praduṣṭa māmsa - Vitiated muscle tissue.
Prahara - Unit of measurement of time, equivalent to three hours.
Prahṛiṣṭa māmsa - Name of a gum disease characterized by finagling sensation in the gum muscles.
Prajā-sthāpana - Procreant.
Praklinna vartma - An eye-disease characterized by sticky eye lids.
Prakoṣṭha - Forearm **radius**-ulna.
Prakrti - Nature of the disease.
Prakrti vikrti bhāva - Change in the nature of a substance.
Prakṣepa - A substance or a drug put into another drug, especially during the pharmaceutical preparation.
Prakṣepa dravya - Drugs which are added to a recipe at the end of the preparation in the form of a powder. Generally fragrant ingredients.
Prakuñca - 32 or 48 gm. approximately. (A unit of measurement.).
Pralāpa - Delirium.
Pralāpaka - Name of a type of ***sannipāta*** fever.
Pralepa - External application.

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Pralepaka jvara - Fiver onset with excessive cold or burning sensation and body becomes wet by sweating.

Pralepana - External application.

Pramārjana śālakā - Rod for cleaning the skin etc, a surgical instrument.

Prameha - Obstinate urinary disorders including diabetes). It is of twenty types-ten of them are caused by ***kapha***, six by ***pitta*** and four by ***vāta***.

Prameha pīḍaka - Diabetic carbuncles.

Pramilik - A feeling as if covered by a wet-cloth.

Pramoha - Impairment of functioning of mind.

Prapaundrīka - Nelumbo sps. A herbal species.

Prapūraṇa ghṛita - Excendingly old ***ghṛita***, which is kept for more than ten years.

Praśeka - Drugs that cause salivation.

Prasāraṇī - Paederia foetida Linn. A plant species.

Prasannā - Upper layer of liquor.

Praskandana - A type of ***viṣama jvara***.

Prasṛita - 64 gm. or 96 grams approximately. (A unit of measurement.).

Prastāryarma - An eye-disease in which a thin layer appears in the white portion of the eye.

Prastara - A type of fomentation therapy involving pieces of stone.

Prastha - 512 gm. approximately. (A unit of measurement.).

Prasūti - Numbness.

Prasūti doṣa - Afflictions during puerperium.

Prasūti vāta - Ailments after delivery caused by the aggravated ***vāta***.

Prasveda - Sweatening.

Pratāra Sandhi - Gliding / pivot joint.

Pratamaka śvāsa - A type of asthma associated with fever and fainting.

Prathuṣimbhi - Oroxylum Indicum, Vent Bignonia indica. A plant species.

Prati kṣipta- Upward dislocation.

Prati vāsara - A condition in which food takes one complete day for digestion.

Pratihārinī Śirā - Portal vein.

Pratikṣūra - Transverse position (of fetus).

Pratilāsa - Sweet–scented oleander; Roseberry Spurge. Nerium Odorum.

Pratiloma - Movement in the reverse direction.

Pratimārśa nasya - A type of ***nasya*** (inhalation) therapy.

Pratināha - An ear disease; also obstruction to the passage of respiration, a nose disease.

Pratipa parivartana - Changing to the opposite side.

Pratiśyāya - Chronic cold. Symptoms of ***Pratiśyāya*** are sneezing, heaviness in the head, stiffness and pain in the body.

Pratiśyaga - Coryza, common cold.

Pratisāraṇa - Coating the interior of the mouth. External application. Rubbing the tongue with drugs.

Pratisāranīya - A type of alkali preparation used for washing or application externally.

Pratitūni - One of the ***vāta roga***s in which, the aggravated ***vāta*** located in anal region and phallus moves upwards to the colon instantaneously to produce pain.

Prativiṣā - Aconitum Palmatum. A herbal species.

Pratūḍa - The birds eating by pricking with their beak.

Pratyākhyeya - A patient who should be rejected because of incurability of his ailment.

Pratyaṣṭhilā - A type of ***vāta roga***. This condition is characterized by an oblique growth of tumour in the abdomen.

Pratyaya - Syn. of ***nidāna*** -causative factor.

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Pravāhana - Putting voluntary pressure in the abdomen for downward movement.

Pravāhikā - Dysentery. It is a severe infection of intestine causing diarrhoea mixed with blood, pus and mucus. There is an abdominal pain too.

Pravāla - Coral.

Pravrittī - Precipitating factors of the disease.

Prayogika - A type of smoking therapy.

Preta - Soul of a dead-person.

Pretonmāda - Insanity supposedly caused by the seizure of ***pretas***.

Puṇyalatā - Red gourd. Great Pumpkin or Spanish Gourd. Cucuribita Maxima, Duchesne.

Puccha - Tail.

Pulivanjī - Sunn Hemp. Sann Hemp. Crotalaria Juncea.

Pumsavana - Rituals and therapies for the procreation of a male child.

Punarāvartaka Jvara - Relapsing fever.

Punarnavā - The term literally meaning 'again new'. Spreading hog–weed. Bocagea Difusa, Linn.

Punarnavī - Trianthema Decandra, Linn.

Punḍarīka - Name of a disease in the penis; also a type of an obstinate skin disease.

Punḍarīka kuṣṭha - A type of ***kuṣṭha*** (obstinate skin diseases).

Punḍarīkam - A herbal species. The term literally meaning 'extremely white'. A very white lotus. ***Punḍarīka keśara*** is the stamens of the flower.

Punnāga - The plant Calophylum insphylum.

Punnāga Vṛikṣa - The tree Dracaena draco.

Punnasa - Name of a nose disease characterized by foul small coming out of the nose.

Purīṣa - Stool.

Purīṣaja Ānāha - In this indisposition, symptoms like retention of faeces and urine, acute pain, fainting, vomitting of faecal matter and oedema are noted.

Purīṣaja kṛimi - Parasites produced in the stool.

Puroḍāṣa - Barley-cake.

Puruśādi gaṇa- Group of drugs.

Puṣaka - Rib.

Puṣkara - Costus; Kut root. Saussurea Lappa, Clarke. Aucklandia costus.

Puṣkara 1- A kind of fish.

Puṣkara 2- Costus Speciosus, A plant species.

Puṣkaramūla - Oris root, Irsa. A herbal plant.

Puṣkarī- See ***Pundarīka***; a disease of pudendum.

Puṣpa 1 - Flower.

Puṣpa 2 - Name of an eye disease.

Puṣpa Kāśīśa - Green vitriol.

Puṣpa netra- Catheter.

Puṣpa rakta - Pentapetes Phoenicea, linn.

Puṣpāñjana - Zinc oxide or dehydrated alum.

Puṣpaka - Calyx of brass or green vitriol used as a collyrium.

Puṣpapatañga - Butterfly.

Puṣparāga - Topaz.

Puṣya- Name of a constellation.

Puṭa - The term used for both a process of ***māraṇa*** (incineration) and for the instrument used in this process. Generally it is a small pit in which ***vanopala*** (cow dung cakes) are stacked and minerals are baked. (See ***māraṇa***).

Puṭa-Pāka - Method of preparing drugs (the various substances being wrapped up in leaves, covered with mud, and heated in fire). The various drugs require different degree of heat to prepare their ***Bhasma***. For this purpose prescribed ***Agni*** (fire) is used, which is known as ***Puṭa*** and

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this whole process is called ***Puṭa Pāka***.

Puṭa-yukti - The application of method called ***Puṭa-Pāka***.

Putihara - Deodarants.

Putrañjīvā - **Putranjiva** Roxburghii, Wall. A herbal species.

Putrikā - Tragus (part of ear).

Pūga - Areca or betel–nut plam. Areca Catuchu. Linn.

Pūga mada - Intoxication caused by the intake of the fruit of ***pūga*** (araca nut).

Pūgaphala - Betel nut.

Pūjā - Offering prayer to the gods.

Pūpa- Cake.

Pūpalikā - A type of pastry. Flour with vegetables, salt, condiments and fried in ***ghṛita***.

Pūpaṭa - Bread.

Pūraṇa - Dropping of liquids into the eyes, nose of ear. Filling.

Pūrva karma - Pre-operative procedures - a. ***śastrādi śuddhi*** - cleansing the instruments, etc.
b. ***ātura upakrama*** - preparing the patients.

Pūrva rūpa - Premonitory signs and symptoms.

Pūti karṇa / ka - Name of an ear-disease. Otitis media.

Pūti nasya - A nose disease in which foul smell comes out of the nose.

Pūtighrānata - Halitosis.

Pūtikā - Basella Rubra. Linn.

Pūtikarañja - See ***Latākarañja*** a medicinal plant.

Pūtikarañja - Caesalpinia crista. A plant species.

Pūtiśrāvaṇa - Suppuration of the inner ear.

Pūya - Pus.

Pūya srāva - Exudation of pus from the ear, eyes, etc.

Pūyalasa - A suppurated swelling associated with pain in the inner corner of the eye.

Ṛikṣa - Deer.

Ṛikṣa mukha Yañtra - Bear face like surgical instrument.

Ṛiṣbhaka - Microstylis wallichii Lindl. A plant species.

Ṛiṣya - A type of antelope with blue testicles.

Ṛiṣya jihvā - A skin disease.

Ṛitu - (A unit of time) One season / two months.

Ṛīcīṣ - Frying pan.

Ṛiddhi - Habenaria intermedia Don. A plant species.

Rāga - Pickles / Condiments.

Rāgaṣaḍava - Special liquid preparation.

Rāgi - Elesine coracana Linn. A plant species.

Rāja campā - Caulophyllum. A plant species.

Rāja kaṣeruka - Scirpus Kysoor, Roxb. A plant species.

Rāja paṭṭa - Magnate stone.

Rāja roga - Tuberculosis.

Rāja yakṣmā - Tuberculosis.

Rājāmra - Mangifera indica, a plant species.

Rājadāna - Mimusops hexadra, a medicinal plant.

Rājamāṣa - Cow–pea. Cow–gram. Dolichos Cylindricus or D. sinensis. A plant species.

Rājaphala – Jambū; Black Plum; Blackberry. Eugenia Jambolana, Lam.

Rājasarṣapa - Black mustard. Sinapis Juncea.

Rājavṛikṣa - Indian Laburnum; Pudding Pipe tree; Purging Cassia.

Rājayakṣmā - **Pthysis or tuberculosis.**

Rājīva - A species of fish.

Rājikā 1 - Common Indian or Brown Mustard. Brassica Juncea, Coss.

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Rājikā 2 - 1mg. approximately. (A unit of measurement.).
Rājvarta - Lapis lazuli.
Rākṣasa - Spirits with evil disposition.
Rākṣasonmāda - Insanity caused by the seizure of ***rākṣasa***.
Rāla- Olea-resin of the Shala tree.
Rāma bāṇa - Panacea.
Rāmatha - Asafoetida. Feaula Assafoerida, Linn.
Rāsnā - Pluchea lanceolata, a medicinal plant. Literally from the verb root ***rāsanā***, 'to girdle'. This refers to its use of being tied at the girdle as an amulet. Synonym of ***Kulañjana***, Indian groundsel. The plant Alpina galanga. Root stock and fruit of this plant are used for medicinal purposes.
Rātrimeha - **A disease. In this individual discharge semen even while his organ is not erected.**
Rātryāndha - Night blindness.Kanjiv
Raja - Dust.
Rajah - Cataminial discharge.
Rajanī- **Turmeric.**
Rajanīkāsa - Night Jasmine; Weeping Nyctanthes.
Rajas - One of the three attributes of mind.
Rajata - Silver.
Rajju - Rope.
Rajjukaraṇa - Straightening.
Rajonivṛiti - Menopause.
Rakṣoghna - Disinfectant.
Rakta - Blood. It is a red coloured fluid that circulates in our arteries and veins.
Rakta Cāpa - It is the pressure within the artery.
Rakta Candana - Red sandal. Pterocarpus santalenus. Its heartwood is used in various medicines.
Rakta Khadirā - The ***Khadira*** tree.
Rakta kṣayaja dāha - Intolerable burning sensation when the gastro-intestinal tract gets filled up with blood, as a result of haemorrhage.
Rakta maṇḍala - Name of a type of skin disease.
Rakta Marica - Capsicum annuum Linn. A plant species.
Rakta Marica - Capsicum anum. Its fruit and seeds are used in various medicinal preparations.
Rakta mokṣana - Blood-letting. Methods of blood letting - 1. ***Jālaukavacharana*** - using leeches to suck blood. 2. ***Alābu, ghaṭī*** - using hollow gourd or pot - cupping. 3. ***Śṛinga*** - using cow's horn to suck blood. 4. ***Pracchana*** - incising and allowing the flow. 5. ***śira vyadha*** - cutting the vein - venesection. ***Rakta Nīpiḍa*** - Blood pressure.
Rakta pitta – It is an indisposition in which bleeding occurs from the upper channels like nose, mouth etc. or from lower channels like anus, urinary passage, female genital organ etc.
Rakta Punarnavā - Boerhavia diffuse Linn. A herbal species.
Rakta rāji - Red lines in the eyes.
Rakta sarṣapa - Rape seed; Turnip. Brassica Campestris, Linn.
Rakta Sphaṭika - Chrome alum.
Rakta srāva - Bleeding from the eye.
Rakta sṭhīvī - One of the thirteen varieties of ***sannipāta jvara***.
Rakta stambhana - Haemostatic.
Rakta sthāpana - Haemostatic.
Rakta vṛiddhi - Hyper-tension.
Raktāṇu - Corpuscles.
Raktākṣa - Pigeon or owl.
Raktālu - Red Yam; Deioscorea Purpurea, Roxb.
Raktārṇa - Name of an eye-disease characterized by a soft and lotus-like muscular layer over the sclera.

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Raktārbuda - Tumour caused by the vitiation of blood.

Raktārjuna - Arjuna Myroblan. Terminalia Arjuna. A plant species.

Raktārka - Calotropis gigantia, a medicinal plant.

Raktātisāra - Diarrhoea associated with bleeding.

Raktacitraka - Rose–coloured Lead–wort. Plumbago Rosea, Linn.

Raktagarbha - Henna; Samphire. Lawsonia Alba. A plant species.

Raktagata masūrikā - A stage of small pox in which blood is afflicted.

Raktagranthi - Tumour in the neck of the bladder.

Raktaja - Caused by the vitiation of blood.

Raktaka - Pentapetes Phoenicea, linn.

Raktakaṇa-Vardhaka - Haematinics.

Raktameha - Haematuria.

Raktaniryāṣa - Daemenorops draco, a medicinal plant.

Raktapāmārga - Acyranthus aspera, a medicinal plant.

Raktapada - A bird with red feet / parrot.

Raktapitta - Haemorrhagic diseases.

Rakta–postā - Red Poppy. Papaver Rhoeas, Linn.

Raktapṛiṣṭha - Red-backed bird.

Rakta-Pradara - Excessive uterine bleeding during menses occurring at irregular interval or increase in the period of flow may be known as ***Rakta Pradara***.

Raktapunarnavā - Boerhavia diffusa, a medicinal plant.

Raktapuṣpa - Sweet–scented oleander; Roseberry Spurge.

Raktarasa - Plasma.

Raktaśāli - Oryza sativa, a medicinal plant.

Rakta–śikhā - Rose–coloured Lead–wort. Plumbago Rosea, Linn.

Raktaśodhaka - Blood purifier.

Raktaśruti - All types of haemorrhage.

Raktavallī - Red Creeper. Vetilago Madraspatana, Gaertn.

Raktavardhaka - A drug that increases the blood.

Raktikā - 125 mg. approximately. (A unit of measurement.).

Raktotpal – Water-Lily. Nymphaea Lotus, Linn.

Rambhā - Plantain or Banana. Musha Sapientum, Kuntze.

Raśvagandhā - Myrrh. Balsamodendron Myrrha. Nees. A plant species.

Rasa 1 - (a) plasma, chyme and lymph. (b) Digestive-end-product.

Rasa 2 - Meat soup.

Rasa 3 - Mercury. ***Pārada***.

Rasa 4 - When the ***Bhasmas*** and ***Sindūra*** are added with other medicines and made into pills etc. such preparations are termed as ***Rasa***. The term is indicative of the formulas containing ***Rasas***, ***Uparasas***, ***Bhasmas*** of ***Dhātus*** and ***Upadhātus***, etc.

Rasa 5 - Generally used to denote the taste, to be perceived by the tongue. Generally 6 different tastes have been identified in Ayurveda viz. ***madhura*** (sweet), ***āmla*** (sour), ***lavaṇa*** (salty), ***kaṭu*** (pungent), ***tikta*** (bitter) and ***kāṣāya*** (astringent).

Rasa kṛiyā - A decoction further boiled till it becomes semi-solid.

Rasa śeṣa (ajīrṇa) - A type of indigestion.

Rasa Siddhi– Achievements of powers ascribed to the processed ***pārada***.

Rasāla 1 - Sugar–cane. Saccharum Officinarum, Linn.

Rasāla 2 - A sweet preparation of curd and sugar.

Rasāñjana - 1Dry extract of herberis. 2 Yellow oxide of mercury. 3 Extract of ***dāruharidrā***.

Rasāñkura - Ville (of small intestine).

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Rasāyaṇa - Drugs or therapies for the rejuvenation of the body. A Tonic.

Rasāyaṇa taru - Cocoanut Palm. Cocos Nucifera. Linn.

Rasāyaṇa-tañtra - Geriatrics.

Rasaiṇa - A drug that increases the body-elements and improves the health and longevity.

Rasaka - Calamine.

Rasakarpūra - Equal quantities of purified ***pārada***, purified ***Tañkaṇa*** (borax), honey, ***Lākṣā***, wool (or brunt wool) and ***Guñjā*** are triturated well with the juice of ***Bhṛingarāja*** for one day, which is stirred well. This is then heated in a vessel that yields the ***bhasma*** resembling the pure ***Karpūra*** (Camphor) i.e. white.

Rasakṛiyā - A pharmaceutical process according to which the decoction of a drug is made semi-solid by further heating.

Rasakulya - Lymphatic ducts.

Rasaparapṭa - Cisterna chili. A herbal species.

Rasona - Garlic. Allium Sativum, Linn.

Ratna - Gems and jewels.

Rattī - Syn. of ***guñjā***. (Unit of weight) Approx. 125 mg.

Raudra jvara - Name of the fever caused by ***Rudra***.

Raudra Puṭa - A method of pharmaceutical preparation. The drug contused in the prescribed ***Svarasa*** and pellet exposed to heat of sun till dried.

Raudrayañtra - Pot used in the process of ***Rudra Puṭa***.

Raupya - Silver.

Ravi - See ark, a medicinal plant.

Ravibhakta - Gynandropis pentophylla, a medicinal plant.

Reṇu - Rock anethum. Glossocardia Bosvallia. A plant species.

Reṇukā - Tech. Piper Aurantiacum Wall. A plant species.

Recana - Purgative.

Rekhā - Line.

Retodoṣa - Seminal disorders.

Rocana 1- Yellow pigment.

Rocana 2 - ***Pitta*** of animals, especially of a cow.

Rocani - Mentha spicata, a medicinal plant.

Rodhrādi Gaṇa - Group of herbs including ***Rodhra*** (***Lodhra***), ***Savara Rodhra***, ***Palāśa***, ***Kuṣṭhanata*** (***Śyonaka***), ***Aśoka***, ***Phani*** (***Bhārgī***), ***Kaṭphala***, ***Elavāluka***, ***Śallakī***, ***Jingini***, ***Kadamba***, ***Śāla***, and ***Kadalī***.

Roga - Disease in general. In the text it is used as a Syn. of ***jvara*** (fever).

Roga-mukti - Acesia.

Rohiṇī 1 - Throat-diseases, Extensive and painful swelling at the base of the tongue.

Rohiṇī 2 - Indian Red wood tree. Bastard Cedar. Soymida Febrifuga. Adr. Juss.

Rohiṣa - Andropogon marteni Cymbopogon martini (Schoenanthus), a medicinal plant.

Rohiṣa Matsya - Rohu fish.

Rohita - A kind of fish.

Rohitaka - ***Amurā rohitaka***, a medicinal plant.

Roma dvipa - One of fthe twenty varieties of parasites.

Romābha - Ciliary.

Romāntikā - Measles. Small eruptions spread over the entire skin surface. This is a disease generally affecting the children and characterized by fever accompanied by eruptions of minutely elevated papules.

Romaharaṇ - ***Haritāla*** of arsenic and sulphur.

Romakūpa - Pore.

Romaśāṭana - Depilatories.

Romasañjanana - A drug that grows the hairs.

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Ropaṇa 1 - Application of healing ointments, etc.
Ropaṇa 2 - Healer.
Ropya - Silver.
Ruçaka - Teeth bone.
Ruçiyardhanī Peya - Beverage as increaser of taste.
Rudantī - Capparis moonu, a medicinal plant.
Rudhira - Blood.
Rudhirāśaya- Liver and spleen.
Rudhrapuṣpa - ***Cīna*** or Chinese Rose or Shoe–flower plant. Hibiscus Rosa Sinensis.
Rudrākṣa - Elaeocarpus Ganitrus. Roxb. A plant species.
Rudrajāta - Indian birthwort. Aristolochia Indica.
Ruhya - A type of baldness.
Ruk - Pain.
Ruktamuktā - Sappan wood; Brasiletto. Caesalpinia Sappan, Linn.
Ruru - A kind of deer.
Rūkṣa 1 - Ununctuous; not greasy.
Rūkṣa 2 - Dry eczema.
Rūkṣa svedana - perspiration.
Rūkṣaṇa - Dryness therapy, causing dryness.
Rūpa - Manifested actual signs and symptoms.
Śāṇa 1 - Hemp, cannabis sativa. Herbal species.
Śāṇa 2 - Unit of weight; approx. 3 gm./ml.
Śāṇa Puṣpī - The plant Crotolasia Verrucosa.
Śāṇapuṣpī - Crotalaria Verrucosa, Linn. A medicinal plant.
Śāka 1 - Vegetables in general and leafy vegetable in particular.
Śāka 2 - Teak Tree. Tectona Grandis, Linn.
Śāka-bilva - The egg- plant.
Śākadhūma - The smoke of burning cow-dung.
Śākali - A fish having scales.
Śākaśreṣṭa - Dendrobium Macrael, Lindl. A medicinal plant.
Śākataka - Ficus Asperrima, Roxb. A plant species.
Śākhā - Exterior path which includes skin and the tissue elements like blood. External path for the transmission of ***doṣas*** from the site of origin to the site of manifestation of the disease.
Śākhā - External path for the transmission of ***doṣas*** from the site of origin to the site of manifestation of the disease.
Śākhoṭaka - Tribulus asper. A plant species.
Śāla - A plant species. Sal Tree. Shorea Robusta, Gaertn.
Śālākya-tañtra - Minor surgery.
Śālabheda - Veteria indica, a plant species.
Śālaniryāṣa - Resina fleva, a medicinal plant.
Śālaparṇī - Desmodium gangeticum, a medicinal plant.
Śālasarādi Gaṇa - Group of medicinal herbs including ***Śāla***, ***Ajakārṇa***, ***Khadirā***, ***Kadara*** (***Śveta*** or ***Pūti Khadirā***), ***Kalaskandha*** (***Tinduka*** or ***Tamalā***), ***Kramuka*** (***Pūga***), ***Bhūrja***, ***Meṣaśṛīngī***, ***Tinisā*** (***Sadana***), ***Candana***, ***Kucandana***, ***Śimśāpa***, ***Śirīṣa***, ***Asana***, ***Dhāva***, ***Arjuna***, ***Tāla***, ***Śāka***, ***Naktamāla*** (***Karañja***), ***Pūtikarañja***, ***Aśvakarṇa*** (***Śālabheda***), ***Aguru***, ***kālīyaka*** (***Pīta Candana***).
Śāli 1 - Old variety of paddy.
Śāli 2 - Oryza sativa, a medicinal plant.
Śālmali - The plant Bombaceae Shalmali. Silk cotton tree.
Śāluka - Frightful swelling and inflammation inside throat.
Śālvana - A type of fomentation by the application of hot paste; also a type of medicated bath.
Śāntanu - Wholesome for the body.
Śāpa - Curse.

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Śārivādi -Group of herbs including ***Anantamūla***, ***Uśīra***, ***Kāśmarī*** fruits or bark, flowers of the ***Madhuka*** tree, both the white and red sandalwoods, ***Madhuka*** fruits and ***Paruṣka*** fruit.

Śāvaka - Manna. Tamarix Gallica, Linn. T. indica.

Śaḍava - Sweet parts and sweet pickles, etc.

Śahatūta - Mulberry.

Śailabhāva - Juglans regia, a medicinal plant.

Śailaja - Brtanun. See ***Śilājātu***.

Śailayaka - See ***Śilājātu***.

Śaileya - Parmelia perlata, a medicinal plant.

Śaireyaka - Barleria prionitis, a medicinal plant.

Śaithilya - Looseness of the body.

Śaivāla - Sea or water weed-algae.

Śaiyyāmūtra - Eneuresis.

Śakatika - Purified ***Gandhaka***.

Śakhoṭaka - Streblus Asper, Linn. A medicinal plant.

Śakrāhava - The seed of Wrighita Antidysenterica, a herbal plant.

Śakrāvarta - The plant Wrighita Antidysenterica.

Śakra-kuṭaja - See ***kuṣṭha***, a medicinal plant.

Śakti Parṇa - Alstomia Scholaris. A herbal species.

Śaktu - Roasted corn-flour.

Śaktu piṇḍa - Corm flour made to a bolus form.

Śakulārbhaka - A sort of fish.

Śakunaka - A kind of vulture.

Śakunī - She-vulture.

Śakunta - A kind of bird.

Śakutipaya - A kind of fish.

Śalāka - A peg, pin, arrowhead, needle, a probe used in surgery; also taken as name of a branch of surgery.

Śalāka śastra - Poking needle.

Śalāka Yañtra - Rod like instruments.

Śaleśmā - One of the three ***Doṣas***, better known as ***Kapha***.

Śalla - A frog.

Śallakī - The plant Boswellia thurifera, its bark is used for a kind of incense.

Śalya - The extraction of splinter or extraneous substances lodged in the body and causing pain; surgery.

Śalya nirghaṭana yañtra - Remover of the foreign body elements.

Śalyaja sinus - Sinus caused by the foreign body.

Śalya-tañtra - Surgery.

Śamana - Alleviation therapy.

Śambūka - Sea-shell. Snail.

Śambūkāvarta - A fistula of the shape of a shell in the rectum.

Śamī - The tree Prosopis Specigera. Mimosa Suma, Roxb. Acacia suma.

Śamyoṣa - The grains or seed of legume or pod.

Śankha (***Śankha-conch***)– It is a molluscan species and is called Turbinella pyrum. It is also identified as sacred conch. ***Kambu***, ***Kamboja***, ***Kuṭilanta***, ***Pavanadhvani***, ***Mahānada***, ***Haripriyā*** etc. are the synonyms of ***śankha***.

Śankha 1 - Conch - shell.

Śankha 2 - Temple.

Śankha bhasma - The ashes of a burnt shell.

Śankha Drava - Take equal part of powder of purified ***Śankha***, ***Pañca Lavaṇa***, ***Sphaṭika***, ***Narasāra***, ***Kāśīśa***, ***Tañkaṇa***, ***Yavakṣāra*** and ***Svarjikṣāra*** in a glass jar (***Tiryaka Pātana Yañtra***). Distill it on low fire and collect the liquid in another bottle. This liquid is known as ***Śankha Drava***.

Śankha Jīraka - Silicate of magnesia.

Śankha nābhi - Central portion of a ***Śankha***.

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Śankha puṣpī - Convolvulus pluricaila. A plant species. This is zygomorphic in shape.
Śankha viṣa - Arsenic.
Śankhāvarta Sandhi - Spiral (arthrodial) joints.
Śankhaka - Disease of the head (pain in forehead) with heat and puffiness of the temples.
Śankhamūśa - Oxidum arsenicum, a medicinal plant.
Śankhapuṣpī - Convolvulus pluricalis, a medicinal plant.
Śankhī - She conch - shell.
Śankhodaka - The water poured from a counch- shell.
Śanku - Scale fish.
Śanku Taru - The tree Vatica Robusta.
Śapharī - A small fish.
Śaphurī Kanda - Caudatum. A herbal species.
Śara 1 - An aquatic bird.
Śara 2 - Excellence of tissues.
Śara 3 - Saccharum arundiaceaum Retz. A herbal matter.
Śarāri 1- A kind of heron.
Śarāri 2 - A kind of scissors or an instrument pointed like a heron's beak.
Śarārimukha - Pair of scissors.
Śarāva - An earthen concave plate. 256 gm. approximately. (A unit of measurement.) Earthen plate.
Śarāva Saṁpuṭa– A casket prepared by joining two ***śarāvas*** (generally earthen plates) of the identical size and shape after keeping the mineral drugs. The joining parts are sealed by a ***sandhi-bandhana*** (see) and dried. This casket is called ***śarāva saṁpuṭa***.
Śarāvarī - Turmeric or Curcuma Longa. A herbal plant.
Śarabha - A fabulous animal.
Śarad-puṣpa - Tabernen ontana coronaria. A herbal spceies.
Śarakra - Raw sugar.
Śarapunkha - Tephrosia purpurea Linn. A herbal plant.
Śarbhākhya - purified ***Pārada***.
Śarīra - Body and its parts.
Śarīra pramāṇa - 84 angula in length - 150 cms. approximately.
Śarīra-marjana - Sponging.
Śarkara 1 - 1. Raw sugar or jaggery. 2. A group of drugs based on ***Śarkara***.
Śarkara 2 - Name of a skin disease.
Śarkara 3- Gravelluria, a kind of disease.
Śarkara Kanda - Sweet potato.
Śarkarārbuda - A disease characterized by the growth of a tumour.
Śarkarajātiya - Carbohydrates.
Śaśa - Rabbit.
Śaśānta - A brown hawk.
Śaśaghāti mukha - Dental hawk bill forceps.
Śaśkuli 1– Ear lobes and external ear.
Śaśkuli 2 - A kind of backed cake rice gruel.
Śasta - Syn. of ***auṣadha***. Drug or therapy.
Śastra - karma - Operation.
Śastra 1- Surgical instrument.
Śastra 2- Weapon.
Śastra Cikistā - Surgical therapy.
Śastra kārya - Functions and uses of sharp instruments.
Śastra kṛiyā - Surgery.
Śastra pāda - Incission through a sharp edged instrument for the administration of drugs.
Śastras - Sharp instruments and accessories.
Śasyaka - Peacock ore, bournite.
Śaṭa kunta - Nerium Odorum.
Śaṭṭaka - Flour of rice mixed with water and ***ghṛita***.
Śata dhauta Ghṛita or ***Sahasra dhauta Ghṛita*** - Process of a drug prepartion. Take ***Ghṛita*** cleaned of the scum, add to it cold water and ***Cūrṇa*** of the required drug in a ***kānsya*** or tinned vessel and after

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rubbing the preparation through hand decant the water. Repeat the process a hundred (= ***śata***) times (***Śatadhauta***) or a thousand (= ***sahasra***) times (***Sahasra dhauta***) as required.

Śatāvaha - Aniseeds. Sweet fennel.

Śatāvara - The plant Asparagus Racemosus.

Śatāvarī - Asparagus racemosus, a medicinal plant. Aparagus Racemosus, Willd.

Śatabhiṣā - Also called ***Śatabhiṣāja***. See ***Śatabhiṣāja*** below.

Śataghni - A throat disease.

Śatamūla - A plant species.

Śatamūlī - See ***Śatāvarī***, a medicinal plant. Aparagus Racemosus, Willd.

Śataparvikā - White flowering ***Dūrvā*** grass.

Śatapatra - Egyptian or Sacred Lotus. Nelumbium Speciosum, Wilk.

Śatapatrakā - A kind of venomous insect.

Śatapatrī - Rosa damaseina, a medicinal plant.

Śataphalin - A bamboo.

Śataponaka - A type of anal fistula.

Śatapora - A kind of sugar cane.

Śatapuṣpā - Anise Pimpinella. Anethum sowa. The aniseed.

Śataru - A skin disease.

Śataruka - A kind of leprosy.

Śatavīryā - A herbal species. Regarded as synonym to ***śatāvarīī***.

Śatī - A kind of ginger the fresh root of which is scented like a green mango. Roung Zedoary.

Śatru varga - The Drugs which constitute unfriendly combination.

Śauśīra - A gum disease characterized by swelling at the root of tooth (gum boil).

Śavaralodhra - A kind of red Sandal. Its wood is used in medicines.

Śayyā Mūtra - A morbidity. Some children lose control and empty the bladder and wet the bed.

Śeka - Bathing. Also pouring warm oil over the head.

Śelu - Sebesten plum or fruit. Cordia Latifolia. Roxb. A plant species.

Śephālika - Night Jasmine; Weeping Nyctanthes. Nyctanthes Arobor–Tristis, Linn.

Śeṣa - Residue.

Śīrṣāgra-Janan - Vertex presentation. A delivery related term.

Śīsā - Lead.

Śīta - Cold.

Śīta gātra - Cold body.

Śīta jvara - Fever associated with cold.

Śīta kāṣāya - A pharmaceutical process in which the drug is soaked in a glass of water and kept over night. Next morning the water is filtered out and used. Also called ***Hima***.

Śīta vāta - A type of ***vātika*** disease characterized by the feeling of cold in the body.

Śītānga - Cold body.

Śītānga sannipāta - A type of fever caused by the simultaneous vitiation of all the three ***doṣas*** characterized by cold body.

Śītāphala- The custard apple.

Śītada - Pyorrhea.

Śītajvara - Ague.

Śītaka - A type of ***viṣama jvara***.

Śītalā - Small Pox. Varicella.

Śītapitta - Urticaria.

Śīta-praśaman - Calefaçients.

Śītaśṛingī - Indian atees. Aconitum Heterophyllum, wall.

Śigru - Horse–radish; Drumstick. Moringa oleifera, Lam. Or M. Pterygosperma, Gaertn.

Śikhāmūlam - The Carrot. Daucus Carota, Linn. D. Vulgaris.

Śikhaṇḍin - Banyan Tree. Ficus Bengalensis, Linn. F. indica.

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Śikhariṇī - Eatable prepared from curd, sugar and water.
Śikhīgrīva - Copper Sulphate.
Śilājātu - Brtanum. (Also called ***Śilārasa***). Mineral pitch, Bitumen, compound of organic and inorganic substances.
Śilārasa - Brtanum. (Also called ***Śilājātu***).
Śilahika - Stone flowers; Yellow Lichen; Rockmoss. A plant species.
Śilindhra - A kind of fish.
Śimbi - Flat bean; Goa–bean; Indian Bean. Dolichos Lablab, Linn.
Śimbi dhānya- Legumes; pulses.
Śimśipa - Black–wood; Rosewood. Dalbergia sissoo, Roxb. A plant species.
Śirā - Vessels.
Śirā 1- Head including the neck. Also spelled as ***Śirā***.
Śirā 2- Veins/arteries - ***Mūla śira*** 10 - root vessels at the heart - 700.
Śirā praharṣa - An eye-disease caused by negligence of ***śirotpata*** in which patient may lose his vision.
Śirā vyadha - Venesection.
Śirāh Śūla - Headache.
Śirāh stambha - Stiffness of head.
Śirāhśūla - headache.
Śirāhsphoṭa - Erysipelas of the head.
Śirākuncana - Varicosity of veins.
Śirās - Head.
Śirāstambha - Vascular thrombosis.
Śiraha vedhana - cutting of the veins.
Śirīṣa - A variety of acacia, Albezia lebbec.
Śiro basti - Keeping warm oil over the head through a cap like container made of leather.
Śiro graha - Stiffness of head.
Śiro roga –Head-diseases.
Śiro virecana - Therapy for the elimination of ***doṣas*** from the head.
Śirobhitāpa - Feeling of excessive heat in the head.
Śirovāta - Affliction of the head by ***vāta***.
Śiro-virecana - Errhine, Snuff.
Śiśira- First half of winter.
Śiśirāmbu - This term generally means cold-water or ***śita kāṣāya***.
Śiśna - Penis.
Śitivara – Blepha ris edulis, a medicinal plant.
Śivā (***Harītakī***) - See ***Harītakī***, a medicinal plant.
Śivtra Roga - Albaras.
Śkākrabhi - See ***kuṣṭha***, a medicinal plant.
Ślaiṣmīka - A condition caused by the aggravation of ***śleṣmā*** or phlegm.
Ślaiṣmīka atisāra - Diarrhoea caused by the aggravation of ***kapha***.
Śleṣhmika Kalā - Conjunctiva (eye diseases).
Śleṣmā - One of the three ***doṣas*** of the body better known as ***Kapha***.
Śleṣmā srāva - A dense, slimy and white coloured discharge from the eye.
Śleṣmā viḍagdha dṛiṣṭi - An eye-disease in which pupil is afflicted by vitiated ***kapha***.
Śleṣmātaka - Cordia dichotoma, a medicinal plant.
Ślīpada - Elephantiasis.
Śoṇita - Blood.
Śoṇitārbuda - Tumour caused by the vitiation of blood, a malignant growth.
Śoṇitārśas - An eye-disease associated with red coloured tubular growth in the eye-lid.
Śoṇitakleda - Pernicious anemia.
Śoṇitameha - Haematuria.
Śoṇita-sthāpana - Haemostatic.
Śobhāñjana - A middle-size maple tree with stick like fruits. Drum Sticks. Syn. of ***Śigru***.
Śobhāñjana - Horse–radish; Drumstick. Moringa oleifera, Lam.
Śodaṣikā - 8 gm. approximately. (A unit of measurement.).

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Śodhana 1 - Elimination of waste products. Purificatory therapies. It expels the disordered ***doṣas***; the ***doṣas*** by force and thus purifies the body. It is of four kinds viz. ***Vamana*** - Emesis-producing ***vamana*** therapy, 2. ***Virecana/ Vireka*** - ***virecana*** (purgation) therapy 3. ***Basti*** - enema therapy a. ***asthāpana/niruha basti***-enema with decoction of drugs; b. ***anuvāsana/sneha basti***-enema with medicated oil, lubricating enema; 4. ***Nasya karma/Navana*** - Nasal medication.

Śodhana 2- Cleansing the wound by medicated decoction.

Śokaja - Caused by excess of grief.

Śopha -Accumulation of fluid in the skin and subcutaneous tissues is known as ***Sopha***.

Śoṣa - Consumption. Wasting diseases.

Śoṣaṇa - Emaciation.

Śoṣariśta - Bad prognostic signs and symptoms appearing in a patient suffering from ***śoṣa*** (consumption).

Śotha - Oedema.

Śothāghni- Spreading hog–weed. Bocagea Difusa, Linn.

Śṛīgālakaṅṭaka - Yellow thistle; Prickly or Mexican poppy. Aregemone Mexicana. Linn.

Śṛīgālakoli - Zizyphus Oenoplia, Mills.

Śṛīgandha - White Sandalwood Tree. Santalum Album, linn.

Śṛīhastini - Heliotrope. Heliotropium Indicum, Linn. H. cordifolium.

Śṛīmāra - A young deer.

Śṛīnata Savura - ***Lodhra*** tree. Symplocos Racemosa, Roxb.

Śṛīngaveram - Ginger. Zingiber Officinale, Roscoe.

Śṛīpada - ***Bilva***, a plant species.

Śṛīparṇa – See *Candana*.

Śṛīparṇī - Gmelina Arborea, Linn. A plant species.

Śṛīphala - Bael fruit; Bengal quince. Aegle Marmelos, Corr. Syn. of ***Bilva***.

Śṛīsmgyam - Cloves.

Śṛīvasa - Long–leaved Pine; Cher Pine. Pinus Longifolia, Roxb.

Śṛīvṛikṣa - Banyan Tree. Ficus Bengalensis, Linn. F. indica.

Śṛinga - Horn. Generally a deer's horn, if not specified.

Śṛingāṭaka - Water chestnut.

Śṛingavera - Ginger. Zingiber Officinale, Roscoe.

Śṛingī - A species of fish.

Śṛitāla - Fan Palm.

Śṛivāsa - Oleoresin, a medicinal plant.

Śṛivātte - Mussaendra Frondosa, Linn. M. Flavescens. A plant species.

Śrama - Tiredness.

Śravaṇa Parikṣā - Auscultation.

Śrīta - Medicated milk.

Śrīvṛikṣa - Sacred Fig; Peeppal Tree. Ficus Religiosa, Linn.

Śrita śīta - Something boiled and subsequently cooled.

Śroni - Pelvis.

Śubhā 1 - Custard Apple; Sweet sop of America; Sugar Apple. Annona Squamosa, Linn.

Śubhā 2 (***Vanśalocana***) - Bambnsa bambos, a medicinal plant.

Śuddha - Myroblan See ***Pathyā***.

Śudharasa - ***Pārada*** i.e. mercury.

Śuka - A type of insect which is applied over the pudendum for its enlargement.

Śuka - Parrot.

Śuka doṣa - A type of venereal disease.

Śuka puccha - Sulphur.

Śukanāsa - Oroxylum Indicum, Vent. A plant species.

Śukandana - Pomegrana'e Punica Granatum, Linn.

Śukapuṣpa (***Palāśa***) - Butea monospermum, a medicinal plant.

Śukla - An eye-disease in which white spot appears in the cornea.

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Śukla bhaga - White portion of the eye, i.e. sclera.
Śukla maṇḍala - White portion of the eye, i.e. sclera.
Śukla tulasī - Ocimum Album. A plant species.
Śuklarma - An eye-disease characterized by the appearance of white layer in the sclera.
Śukra - Semen. One of the seven ***dhātus*** (also called ***vīrya***). Also indicates the vitality.
Śukra Majjā - Lard.
Śukra vāha srotas- Semen carrying channel.
Śukrāśaya - Vesicle Seminoles.
Śukragata - Affliction of ***Śukra*** (semen).
Śukragata masūrikā - Small pox in which ***śukra*** (semen) is afflicted.
Śukraja- Seminal.
Śukrajanana - Semeno or spermo-poietic.
Śukra-meha - Albuminuria, spermatiuria, patient passes semen during urination.
Śukraśodhana - Semeno or spermo-purifiers.
Śuktā - Any juice like that of grapes. A vinegar. It is an impure acetic acid. It is also called ***Siraka***.
Śukti - 16 gm. or 24 gm. approximately. (A unit of measurement.).
Śukti 1 - Oyster-shell.
Śukti 2 - Unit of weight; approx. 24 gm.
Śukti 3 - Zuzbe fruit. See ***Badarī***.
Śulva - Sulphur.
Śunṭhī - Zingiber officinalis. Dried ginger.
Śuṣka gomaya - Dry cow dung.
Śuṣkāksipāka –An eye-disease in which eyelids appear hard rough when closed.
Śuṣkārśa –An eye-disease characterized by elongated projection in the interior of the eye-lid.
Śūchī - Pricking by needles.
Śūcī - Needle.
Śūcī kūrca - Brush of many spikes.
Śūcyāgra - The amount that that the tip of a needle can carry.
Śūla - Stabbing pain in general and colic pain in particular.
Śūlaghni Peya - Anti-colic beverage.
Śūlanāśan - Asafoetida. Feaula Assafoerida, Linn.
Śūlapāṭala - A kind of fish.
Śūlapraśaman - Analgesic.
Śūlava ripu - Sulphur.
Śūlavedhi Cukra - Yellow dock. Sour dock. A plant species.
Śūnū - Bitch.
Śūnyatā - Loss of touching sensation.
Śūrpa – A unit of measurement, approx. 24.576 kg.
Śva 1 - Dog.
Śva 2 - Mare.
Śvāsa – Asthma.
Śvāsa 1 - Breathing.
Śvāsa 2 - Bronchial asthma, dysponea Asthma. Difficult or laboured breathing is known as ***Śvāsa Roga***.
Śvāsa roga - Asthma.
Śvāsahara - Antiasthmatic, Bronchial.
Śvāsavarodha - Asphyxia.
Śvamukha - Bulldog volsalla. A plant species.
Śvasana - It is the process by which air passes into and out of lungs.
Śvasanaka - A type of fever characterized by difficulty in breathing.
Śvasanaka Jvara - Pneumoni. High fever with rigorous pain in the chest and sides, frequent cough with thick tenacious ***kapha***.
Śvatarī - She mule.
Śvavit - Porcupine.
Śvayathu - Oedema.
Śvet Candana - White Sandalwood Tree. Santalum Album, linn.
Śveta 1 - White.
Śveta 3 - Name of an eye disease. See ***Śukla***.

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Śveta Charma - Leucoderma. It is a loosely applied terminology to express depigmented skin lesions.

Śveta kamala - Egyptian or Sacred Lotus. Nelumbium Speciosum, Wilk.

Śveta Khadirā - White acacia.

Śveta kharjūṛikā - Memosa catecher, a medicinal plant.

Śveta Kuṣṭha - Leucoderma.

Śveta Marica - White pepper seeds. Horse–radish; Drumstick. Moringa oleifera, Lam.

Śveta Muṣalī - Asparagus adscendens Roxb. A herbal species.

Śveta mūtravarcastva - White and flocculent urine.

Śveta pāṭala - Stereospernum cheloniodes, a medicinal plant.

Śveta Punarnavā - Trianthema Portylacastrum Linn. A herbal plant.

Śveta śālmalī - Capok or Kapok tree; White silk cotton tree. Eriodendron Anfractuosum.

Śveta Saṣarpa - White mustard.

Śveta surāsā - Five–leaved Chaste Tree. Vitex negundo, Linn.

Śveta tṛivṛit - Ipomoea turpethem, a medicinal plant.

Śvetā 2 - ***Aparājitā***; a medicinal plant.

Śvetārka - Calotropis procera, a medicinal plant.

Śveta-pradara - Leucorrhoea. In this, normal vaginal secretion is increased in amount. Discharge is not purulent.

Śvetasārivā - Hemidesmus indicus, a medicinal plant.

Śvhadamaṣṭra - Glycine Labialis, Linn. A medicinal plant.

Śvitra - Leucoderme. ***Śvitra*** is a non-contagious disease of the skin in which pink, copper or white coloured patches appear on the skin. These patched always remains dry.

Śyāma danta /ka - A tooth-disease in which teeth become completely carred and gray or blue in colour.

Śyāma Jīraka - Black cumin seeds. Carum.

Śyāma vartma –An eye-disease in which eye-lid becomes blackish brown.

Śyāmā - Variety of millet.

Śyāmaka - Panicum frumentacium, a medicinal plant.

Śyena - Hawk.

Śyenī - She hawk.

Śyonaka - Oroxylum indicum Vent. Bignonia Indica. A tree species.

Śyūka Rāja - Drecontiasis, guinea worm.

Ṣaḍ granthagolomi - Sweet flag. Acorus Calamus, Linn. A plant species.

Ṣaḍa Kambalikā - Liquid treated with 1. ***Kapittha***, 2. ***Cangerī***, 3. ***Marica***, 4. ***Kṛiṣṇajīraka***, 5. ***Citraka*** and 6. ***Takra*** (whey). The term '***ṣaḍa***' meaning 'six'.

Ṣaḍa Kola - ***Marica*** (black pepper) and ***Pañca Uṣna*** or ***Pañca Kola*** - the five hot herbs including ***Pippalī***, ***Pippalīmūla***, ***Cavya***, ***Citraka*** and ***Śuṇṭhī***.

Ṣaḍa Yūṣa - Mudga bean based liquid treated with 1. ***kapittha***, 2. ***Cangerī***, 3. ***Marca***, 4. ***Kṛiṣṇajīraka***, 5. ***Citraka***, 6. ***Takra*** (whey). Also called ***Ṣaḍa Kambalikā***.

Ṣaḍadhāraṇa Yoga - The ***ṣaḍa*** (six) herbs that are involved in ***ṣaḍadhāraṇa*** formula relates to the combination of ***citraka*** roots, ***indrayava***, ***pāṭhā***, ***kaṭukī***, ***ativiṣā*** and peels of ***vibhītakī*** rhizomes.

Ṣaḍaga - Group of six drugs including ***mustā***, ***parpaṭī***, ***uśīra***, red ***candana***, ***netrabālā*** and dried ginger.

Ṣaḍakika - A kind of fish.

Ṣaḍamāsikā - Fever occurring once in six months.

Ṣaḍanga pānīya - The ***śiṛitśīta*** water is also called ***ṣaḍanga pānīya*** as it is treated through 6 (***ṣaḍa***) herbs.

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Ṣaḍava - Confectionary / sweet - meat.
Ṣaḍtvaka - Six layers of skin.
Ṣaṣṭhī - Rice, Oryza sativa Linn.
Ṣayandaka - A lizard.
Ṣoka - Worry or grief.
Sādhāraṇa - Lachnera rosea Vinca rosea, a medicinal plant.
Sādhāraṇa deśa - Land of moderate nature that is neither marshy, nor forested nor sandy.
Sādhya - Curable.
Sākini - A female imp attending ***kali***, who feeds on human flesh.
Sākṣāra - Having action of the alkalis.
Sālasarādi gaṇa - Group of herbs including ***Sālasara***.
Sāmānya - General. Simple.
Sāmaka - Pacifying.
Sāṛika - She black bird.
Sāṛivā - Indian Sarasparilla. Synonym of ***Anantā***. Hemidesmus indicus, a medicinal plant.
Sāra 1- Laxative. pulp, essence.
Sāra 2- Resinous exudates from or heartwood of a tree.
Sāra 3 - Solid extract.
Sāraṇa - Excretion, passage.
Sāraṇī - Paederia foetida, a medicinal plant.
Sāranga - Peacock / Indian cuckoo.
Sārasa - Crane.
Sārivādi Gaṇa - Group of herbs including ***Sāṛivā*** (***Anantamūla***), ***Madhuka*** (***Madhuyaṣṭī***), ***Candana***, ***Kucandana*** (***Rakta***), ***Padmaka*** (***Padmakaa***), ***Kāśmarīphalā*** (***Gambhārīphalā***), ***Madhukapuṣpa***, and ***Uśīra***.
Sātmya - Wholesome or conducive to the requirement of the individual.
Sadaka - A type of bird.
Sadaphalā - Cocoanut Palm. Cocos Nucifera. Linn.
Sahacara - Barleria prionitis Linn. See ***Śaireyak***, a medicinal plant.
Sahadevī - A medicinal plant. Ash–coloured Fleabane. Vernonia Cinerea, Less.
Sahaja - Congenital or comfortable.
Sahajārśa - Congenital piles.
Sahasrakī - ***Śiṛīṣa*** tree. Acacia Speciosa.
Sahasravedhi - Ferula narthex, a medicinal plant.
Sahasrveṇī - Asafoetida. Feaula Assafoetida, Linn.
Sahīla - Garden Pea; Field Pea; Peas. Pisum Sativum, Linn.
Saindhava - A medicinal plant. Myrrh. Balsamodendron Myrrha.
Saindhava Lavaṇa - Rock Salt. Also see ***Pañca Lavaṇa***.
Sakrasakan - Kurchi, Conessi or Tellicherry Bark. Holarrhena Antidysenterica, Wall.
Sakthi - Leg.
Saktu - Flour of roasted grains.
Salātu - Unripe fruits cut into pieces and dried.
Salātu varga - A group of drugs whose immature fruits are cut into thin pieces and used in medicine.
Salakhi - Indian olibanum or Frank incense. Boswellia Glabra, Roxb. A medicinal plant.
Salvaṇa - A type of bath, a type of fomentation therapy.
Sama - With ***āma doṣas*** i.e. immature ***Doṣas***, ***Dhātus*** and ***Mala***.
Samāgni - Normal digestive power or fire.
Samāna - Palliative therapies. They mitigate or decrease the ***doṣas*** but not expel them out.
Samāna vāta - One of the five varieties of winds inside body.
Samāveśa - Afflictions by evil spirits.
Samangā - A plant species. Syn. of ***Lajjālu***. Brassica nigra.
Samavegī - Continuous fever.
Samgata - Simulataneous (vitiation of ***doṣas***).

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Samgrāhīka - Astringent or bowel binding.
Samgraha grahaṇī - A type of sprue-syndrome.
Samgyā - Orientation.
Sami yañtra - Rectal dilator.
Samjnā nāḍi - The channels carrying sensation.
Samkhyābheda - Migraine.
Samkoca - Contraction.
Sammūḍha pīḍaka - A disease of the penis caused by rubbing and pressure.
Sammūḍha vāta - A disease caused by the vitation of ***vāta*** and characterized by the immobility of limbs.
Samprāpti - Pathogenesis of a disease. The manner in which the aggravated ***doṣa*** spreads to produce a disease.
Sampratisāraṇa - Therapy for producing excessive salivation.
Samrambhā - Irritation.
Samśamana - Palliative.
Samśodhana - Curative. Elimination therapy.
Samsamāna - See ***Samāna***.
Samsargaja 1 - A disease producted by the simultaneous vitiation of two ***doṣas***.
Samsargaja 2 - Produced by contagion.
Samsarjana - To bring to the normal diet.
Samskāra - (a) Process of saturation with spices. (b) Boiling with other drugs.
Samsthāna - Syn. of ***rūpa*** - manifested signs and symptoms of a disease.
Samstravādi - Brringtonia Racemosa, Blume. A medicinal plant.
Samtāpa - Heating effect, burning sensation or pain.
Samtāpa nivāraka - Antipyretic.
Samtarpaṇa - Nourishing therapy.
Samtata /ka - Remittant type of fever.
Samudga Sandhi - Symphysis joints.
Samudra guggulu - Myrrh. Balsamodendron Myrrha. A medicinal plant.
Samudra Lavaṇa - Sea salt.
Samudrajāla - Brine.
Samudra-kāka - Sea - crow.
Samudrapālaka - Elephant creeper. Argyreia Speciosa, Sweet. A medicinal plant.
Samudrapad - Brringtonia Racemosa, Blume. A medicinal plant.
Samūrcchāna - Combination and interaction between ***doṣas*** and ***dhātus*** during the process of pathogenesis of a disease.
Samvāhana - Gentle massage.
Samvedanā - A complex condition underlying such feelings, actions, and physiological changes as occur in fear, rage, excitement, and so on.
Samyāva - Gruel.
Samyagdagdha - The burn that are not deep and take the colour of date fruits with intense burning sensation are defined as ***Samyagdagdha***.
Samyak yoga - Proper administration (of a therapy).
Sana - Brown Indian hemp. Jute. Decan Hemp. Hibiscus Cannabinus Linn.
Sanatta - Dodonaea Viscosa, Linn. D. angustifolia. A medicinal plant.
Sandamśa - Forceps.
Sandamśa yañtra - Instruments which bite, forceps, piers etc. Cruciform Forceps.
Sandhāna Kalpanā - Fermentation Process.
Sandhānīya - Union- promoters. Drugs which help in joining two pieces of bones.
Sandhi - Joint in general.
Sandhibandhana - Sealing of joining parts in different instruments used in various processes of ***Rasa Śāstra***. Generally it is done either by mud soaked cloth strips or with a ***kalka*** prepared by ***manḍūra***, ***tañkaṇa***, buffallo's milk, ***phenita*** (jaggery) etc. It is done for example in sealing

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śarāva saṁpuṭa or preparing the bottle for ***kupīpakva rasāyaṇa***.

Sandhi-Bhagna - Dislocation. Due to trauma if the displacement of the joint occurs then this condition is known as ***Sandhi-Bhagna***.

Sandhiga/ka - Syn. of ***sannipāta.*** One of the thirteen types of ***sannipāta*** fever.

Sandhigata vāta - Arthritis.

Sandhya-rāga - Four–o'clock flower. Mirabilis Jalapa, Linn. A medicinal plant.

Sanehana - Oleation therapy. One of the pre-***Panca Karma*** therapies involving external and internal use of oil, ***ghṛita***, etc.

Sangyā haraṇa - use of aneasthesia, etc.

Sangyā-sthāpana - Resuscitative.

Saniamaka śvāsa - A type of asthma associated with fever and fainting.

Sanimitta - Having causative factors.

Saniruddhaguḍa Yañtra - Rectal dilator or bongie.

Sanjyāhara - Anaesthetic.

Sankara sveda - A type of fomentation by medicated steam.

Sankhālu - Dolichos Bulbosus. A medicinal plant.

Sannipāta (***sannipātika***) - Disease caused by the simultaneous vitiation of all the three ***doṣas*** viz, ***vāta***, ***pitta*** and ***kapha***. This is generally a serious condition and incurable.

Sannipātika Jvara - Fever in which all the three ***doṣas*** are simultaneously aggravated. High fever with frequent change in feeling of cold and burning sensation.

Sanniruddha guḍa - Stricture of the rectum.

Sanskṛita - To boil or fry with drugs.

Santapa - Burning sensation. Increase in temperature or pain. Pyrexia.

Santarpaṇa - Application of drugs in ***kalka*** form that give nourishing effect. A therapy to stouten the body. This is also known as ***Bṛimhana***.

Santata - Remittant (type of fever).

Sanyāsa - Syncope, coma.

Saptāla - A herbal plant. Acacia Concinna, Dc. Or A. Rugate.

Saptacakra - Salacia chenesis, a medicinal plant.

Saptaparṇa - Alstonia scholaris. Dita Bark, a medicinal plant.

Saptarangī - Casearia asoulenta, a medicinal plant.

Sapūya hṛidaya śotha - Purulent pericarditis.

Sarāṛi mukha śastra- Scissors.

Sarala - Long–leaved Pine; Cher Pine. Pinus Longifolia, Roxb.

Saralakāṣṭha Taila - Trupentine oil.

Sarapunkha - Purple Tephrosia. Galega Purpurea, Linn.

Sarjaka - White Daminer Tree. Piney Resin or Indian Copal Tree. Vateria Indica, Linn.

Sarjarasa - Vateria indica, a medicinal plant.

Sarjikṣāra - Narton.

Sarpa - Serpent.

Sarpa nirmoka - Slough of a serpent.

Sarpa tvak - Slough of a serpent.

Sarpākhya - Dioscorea Oppositifolia. Linn.

Sarpākṣī - Ophiorrhiza mungos Linn. A plant species.

Sarpadamśa - **Snake bite and the poisoning due to it.**

Sarpadanoha - Snake bite poisioning.

Sarpadaruṣṭrikā - Gymnema Sylvestre, R. Br. or Asclepias geminata, a medicinal plant.

Sarpagandhā - A plant species. Rauwolfia Serpentina, Benth.

Sarpamukha śastra - Knife with two edges.

Sarpaphana mukha - Lithotomic scoop.

Sarpaviṣa - Venom.

Sarpī 1- ***Ghṛita***.

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Sarpī 2 - She serpent.
Sarpī kumbha - Jar used for storing ***ghṛita***.
Sarpī pāna - Drinking medicated ghee.
Sarpīmeha - Pyuria, lipuria.
Sarpunkha - Tephrosia purpura. A plant species.
Sarṣapa 1 - Mustard grains, their oil, Brassica compestris var. Sarson Prain.
Sarṣapa 2 - 1 mg. approximately. (A unit of measurement.).
Sarṣapi/ka - A type of pudental disease.
Sarva dhātu - Many types of metals put together and mixed by heating.
Sarvāñga grahaṇa - Affiction of all the organs of the body.
Sarvānga roga - Paralysis of the whole body.
Sarvānga Vāta - The affliction of the whole by the aggravated ***vdyu***.
Sarvāngapīda - Bodyache.
Sarvāśraya - The entire eye-ball.
Sarvātisāra - all types of diarrhoea.
Sarvagandhā - Also referred as ***Chatusugandha***. Group of four scented herbs including Camphor, ***Kañkola*** (cubebs), ***Aguru*** (calambac), and ***Lavanga*** (clove).
Sarvajya - Indian Bread–shot. Canna Indica, Linn.
Saśasradaśāna - A sort of fish.
Saśulātisāra - Diarrhoea with colic pain.
Satāla - Acacia concinna, a medicinal plant.
Satapatrī - Damask or Persian Rose. Rosa Damascena, a medicinal plant.
Satata- A type of ***viṣama jvara***.
Satata viparyāya - A variety of ***satata*** type of ***viṣama jvara***.
Sathūṇa - Incus (ear).
Satina - Pea bean.
Sattva 1 - (1) mind. (2) one of the three attributes of mind- the other two being ***rajas*** and ***tamas***. ***Sattva*** stands for purity, wisdom etc.
Śattva 2 - ***Satva*** is the core property of a given herb or metal or mineral compound.
Sattvapātana– Process of extracting the ***sattva*** from the mineral or compound. It is done by subjecting the mineral to intense heating in ***koṣṭhi*** (furnace) after grinding it with specific drugs. The extracted ***sattva*** is again subjected ***śodhana*** and ***māraṇa*** process.
Satyānāśī vyāghrī - Argemone Mexicana. A herbal species.
Saumya - See ***Agneya***.
Saumya Arbuda - Fibroma.
Saura - ***Kṣāra*** salt petre.
Saurāṣṭra Mṛittikā - Mud of ***Saurāṣṭra*** region (around Gujarat).
Saurāṣṭrī - Alum.
Saurasa - One of the twenty varieties of parasites. ***Sausurāda***.
Sauvarcala 1 - A variety of salt also called ***Suvarcala***. Black salt. Compound salt of sodium chloride sodium sulphate traces of iron and sulphur.
Sauvarcala 2 - Linseed, Linum Usitatissimum. A herbal species.
Sauvīra 1 - Zizyphus sativa Gaertn. A herbal plant.
Sauvīra 2 / ***ka*** - Sour drink-vinegar.
Sauvirāñjana - ***Sauvirāñjana*** is a variety of ***Srotoñjana***. This variety of ***Añjana*** is sulphide of Antimony, which is otherwise called Stibnite.
Savaidāika karṇa - A variety of ***sannipāta*** fever.
Savarṇa - Having the natural colour of the skin.
Savaraṇa śuklā - **Adherent leucoma. It is moderately deep ulcer of the cornea with little warm discharge and pain.**

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Savedana - Perspiration. It is simple sweating.

Secana - Sprinkling of medicated liquids over the affected part.

Seep - mother of pearls.

Seer - Unit of local weight ; Approx. 950 gm.

Sehunḍa - Triangular spurge. Euphorbia Antiquorum, Linn. A plant species.

Sevanī- Suture between umbilicus and pelvic region.

Sevaṭī - Indian White Rose. Rosa Alba, Linn. A plant species.

Sevya - Sacred Fig; Peepul Tree. Ficus Religiosa, Linn. A plant species.

Sīmanta - Borders, edges.

Sīrṣa - Head.

Sīrvāsara mukha roga - Mouth-disease pervading the entire mouth.

Sīvana - Suturing, stitching.

Sīvanakarma - Stitching.

Sīvanī - Sutures, raphae.

Siddha - one who has accomplished spiritual perfection.

Siddhārtha / ka- White mustard. Brassica Alba. A plant species.

Siddhapatrī - Indian Hemp. Cannabis Sativa, Linn. or C. Indica. A plant species.

Siddhaphalā - A very successful drug.

Siddhi - Spiritual perfection.

Sidhma kuṣṭha - A type of leucoderma.

Siktā - Boiled rice from which the water has been poured off. A lump or mouthful of boiled rice kneaded into a ball.

Siktā - Sand.

Siktā Taila - A kind of ointment, ***Malahara***.

Siktā yañtra - An earthen pot containing sand (***siktā***).

Siktāmeha - Brick dust deposit.

Siktaka - Bee wax.

Simha - Lion.

Simha mukha Yañtra - Lion face like surgical instrument.

Simhatunḍa - Euphorbia nerifolia, a medicinal plant.

Simhī - See ***Vāsa***, a medicinal plant.

Simhodara - Thin abdomen.

Sindhuvaram - Five–leaved Chaste Tree Vitex negundo, Linn, V. paniculata.

Sindhūka - Indian Wild Pepper. Vitex Trifolia, Linn.

Sinduvāra - See ***Nirgunḍī***, a medicinal plant.

Sindūra - Vermilion.

Sindūraī - Vitex trifolia, a medicinal plant.

Sindūrasa - When the ***Bhasma*** s prepared in ***Kupis*** or special bottle prepared for sublimation of the ***Kajjalī*** are heated in ***Bālukā Yañtra***, the resultant powder becomes red. It is called ***Sindūrasa***.

Sindūrīka - Red lead.

Singgikā - Jute. Corchorus Capśūlaris, Linn, &C. trilocularis.

Sinha keśara - See ***Bakula***. Mimusops Elengi, Linn.

Sirah kampa - Trembling of head.

Sirah sneha - Oil massage overhead.

Siraja - Caused in a vessel.

Siraja granthi - Aneurysm.

Siraja pīḍaka –An eye-disease characterized by a pimple like growth in sclera.

Sirajāla - Appearance of a net like structure in the eye.

Siro graha - Stiffness of head.

Siro vāta - Affliction of the head by ***vāta***.

Siro virecana - A therapy in which drugs administered for the elimination of ***doṣas*** from the head.

Siro vireka- Elimination of ***doṣas*** from head.

Sirobasti - Oil over the head through a cap like container made of leather.

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Sirotpāta –An eye-disease in which the vessels in the sclera become coppery in colour.

Sita - Sugar.

Sita maṇḍala - White portion (sclera) of the eye.

Sitāphala - Anona squamosa, a medicinal plant.

Skanda - A type of evil spirit afflicting children.

Skandaja - Banyan Tree. Ficus Bengalensis, Linn.

Skandana- Coagulation.

Skandaphalā - Indian Jack tree. Artocarpus Integrifolia, Linn.

Skandonmāda - Insanity caused by the seizure of ***Skanda***.

Sleṣmātaka - Sebesten plum or fruit. Cordia Latifolia. Roxb.

Smaraṇālop - Anomia.

Smṛiti - Memory.

Snāna - Ablution.

Snāna Chikitsa - Balneotherapy.

Snāyu - Ligaments including nerves.

Snāyu 1 - Ligaments.

Snāyu 2 - Tendons, nerve cords - 900 in number as per the Ayurveda.

Snāyuka Roga - This condition is caused by the infestation of a thread like parasite known as guinea worm.

Snāyuvarma - The fifth variety of ***arma*** characterized by muscular and dry layer over the sclera.

Snaihikā - Unctuous form of enema or the oleation therapy.

Snaihikā dhūma - Unctuous ***nasya*** (inhalation).

Sneha 1 - Fat. ***Ghṛita***. Oil. etc.

Sneha 2 - Oleation therapy.

Sneha Catuṣṭaya - The four oily materials including: ***Ghṛitam*** (***ghee***), ***Taila*** (oil), ***Vāsa*** (fat and ***Majjā***-marrow.

Sneha lavaṇa - Salty confections.

Sneha nasya - This is of two kinds- 1. ***Marśa*** in whom more quantity of oil is instilled and 2. ***Pratimarśa*** - in whom less quantity of oil is instilled.

Sneha pāka (Also called ***Ghṛita*** and ***Tail Pāka***) - A method of fat based preparation.

Sneha pāna - Intake of oil, fat, ghee etc.

Sneha vidhi - Oleation, lubrication therapy.

Sneha virecana - Unctuous purgative.

Snehan - Oil-therapy. Treatment by oils. Lubricating.

Snehaphala - Gingelly Seed; Sesamum; Sesame.

Snehaviddha - Pinus Deodara; Himlayan cender. A plant species.

Snehopaga - Adjuvant in oleation therapy.

Snigdhajīra - Ispaghula or Spogel Seeds. Plantago Ispagula.

Snuhī - Common Milk Hedge. Euphorbia Neriifolia, Linn.

Soma - Indian Millet; Korakan. Eleusine Coracana. Gaertn.

Somaia - Arsenic trioxide.

Somalatā - See ***Soma***, a medicinal plant.

Somanala Yañtra - Equipment used for the ***jārana*** (incineration) of ***abhraka*** etc.

Somarāja - Purple Fleabane.

Somarāji - Babchi Seeds. Psoralea Corylifolia, Linn.

Somarasa - Ephedrine.

Somavallī - Heart–leaved moonseed. Cocculus Cordifolius, Miers.

Sonapuṣpī - Crontalria Angulosa. A plant species.

Spandana- Palpitation.

Sparśa - Tactile sensation.

Sparśa hani - Numbness; loss of sensation.

Sparśa-dveṣa - Hyperesthesia.

Sphaṭika - Alum.

Sphaṭika Maṇi - Rock crystal.

Sphiguḍaya - Frank breech presentation (delivery-related terminology).

Sphika - Buttock.

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Sphikpādodaya - Full breech presentation with impaction (delivery-related terminology).
Sphoṭa - Bursting, opening; a swelling boil, tumour.
Sphurana - Twitching.
Spṛikkā - Trifolium officianalis, a medicinal plant.
Srāva - Discharge from eye, etc.
Srāvika - Claviceps purpurea, a medicinal plant.
Sramsaṇa - Mild laxative.
Srotāñjana - Antimony sulphide stibinite.
Srotas 2 - Orifices, channels, pores. They are several in numbers, e.g. 1. ***bāhya*** - external, or ***sthūla*** (big) 9 in male 12 in female; 2. ***ābhyañtara*** - internal, ***sūkṣma*** - minute and innumerable.
Srotasa 1 - Stomach.
Srotoñjana - Stibnite.
Srotoroga - Diseases of the body fluids and channels.
Sruti - Discharge.
Staimitya- A feeling as if covered with wet-cloth.
Stambha - stiffness.
Stambhana 1 - Astringent, stiffening items etc.
Stambhana 2 - Binding, stopping, withholding therapy.
Stambha-roga - Paralysis.
Stana - Female breast.
Stanābhāva - Amastia.
Stanyajanana - Galactogogues.
Stanyaśodhana - Lalacto- purifiers.
Sthāla - Tray.
Sthālikā Yañtra - An equipment of the shape and size of a plate.
Sthālipāka - A method of cooking in which recipe kept in a flat plate is exposed to the heat of the sun to get the liquid dried.
Sthāna samśraya - Localisation of ***doṣas*** during the process of pathogenesis for the manifestation of a disease.
Sthāvara Viṣa - Poisoning from vegetable products.
Sthagika - Concealing, hiding, obstructing.
Sthagika bandha - Stump bandage.
Sthalapuṣpī - Dill; Dill Seed. Peucedanum Graveolens, Benth.
Sthaulya roga - Adiposity.
Sthirā - A herbal species. A well-known syn. for ***śāliparṇī***.
Sthūla - Gross or solid.
Sthūlagranthi - Zingiber Zerumbet. Smith.
Sthūlodara - Fatty abdomen.
Stimita - Immobility of ***doṣas*** because of their association with ***āma***.
Stimitata - A feeling of being covered with a wet-cloth.
Strībīja - Ova.
Subhagā - Borax.
Subhar - Arthrocneny Indicum, Moq. A plant species.
Suda - Custard Apple; Sweet sop of America; Sugar Apple. Annona Squamosa, Linn.
Sudarśana - Crinium Latifolium Linn. A herbal plant.
Sudarśana cakra - Name of the Discus of God Viṣnu.
Sugandha flowers - These flowers include ***ketakī***, ***yūthikā***, ***jātī***, ***campaka***, ***mādhavīlata***, ***kadamba***, ***mallikā***, ***nāgakeśara***, ***kuṭaja***, ***pāṭhā***, ***varuṇa*** and ***sauri*** (sunflower).
Sugandha kanṭak - Babchi Seeds. Psoralea Corylifolia, Linn.
Sugandhabālā - Valerian.
Sugandhaka - Sulphur.
Sugandhavacā - Alpinia Galanga, willd, or A. calcarata. A plant species.
Sugandhi - Indian Sarṣaparilla; Country Sarṣaparill. Hemidesmus Indicus.
Sukāsa - Common Cucumber. Cucumis Sativus, Linn. A plant species.
Sukhanaka - An aquatic animal.

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Sukhoṣaṇa - pleasantly warm.
Suktā - A sour drink or a type of vinegar.
Suktikā - Mother of pearl, shell.
Sukusa - Common Cucumber. Cucumis Sativus, Linn.
Sunandā - Indian birthwort. Aristolochia Indica.
Sundara - Daisy.
Sungadha–marica - Tailpepper; Cubebs. Cubeba Offcinalis, Miq.
Suniṣṇṇakā - Marsilia minuta Linn. A herbal species.
Supārśva - Ficus Infectoria, Foxb. A medicinal plant.
Supta - Numbness.
Supti - Numbness.
Supti kuṣṭha - A type of leprosy with numbness over the skin.
Supti vāta - a type ***vātika*** disease characterized by numbness of limbs.
Surā - **Different types of alcoholic preparations.**
Surā kiṇva - Yeast used for brewing alcoholic drinks.
Surā Manḍa - Upper layer of liquor.
Surāmanḍa - A type of alcoholic preparation.
Surāmeha - Acetonuria.
Surāpunnāga - Mammea longifolia, a plant species.
Surāsā - See ***tulasī***, a plant species.
Surāsādi Gaṇa - Surāsā (Kṛiṣṇa Tulasī), Śveta Surāsā (Śveta Tulasī), Phanijjhaka (Maruvaka), Arjaka (Var-varikṣa), Bhūṣṭriṇa (Rohiṣa Tṛiṇa), Sugandhaka (Droṇapuṣpī), Sumukha (Rājikā), Kalamalikā (Kṛiṣṇajīraka), Kāsamarda, Kśavaka, Kharpuṣpa, Viḍanga, Kaṭphala, Surāsi (kapitthapatra, Tulasī or Śveta Nirgunḍī (Nīlapuṣpa), Kulahala (Munḍīka), Unduru-karṇikā (Muṣākarṇī), Phanji (Bhārgī), Pracibala (Kākajanghā), Kākamācī, Viṣa-muṣṭika (Rājanīmba or Alambuṣa Karkoṭi or Viṣamuṣṭi).
Surabhi - A type of ***śallakī*** tree which grows in northern country.
Surabhinimba - Curry–leaf tree. Bergera Koenigii.
Suradāru - The term literally meaning 'God's tree'. Synonym to ***Devadāru***.
Surya Puṭa - A process in which the drug contused in the prescribed ***Svarasa*** and pellet is exposed to heat of sun till is dries.
Suśruta Samhitā -An ancient Ayurvedic text noteworthy for its treatment of surgery.
Suṣavī - Black cumin seeds. Syn. of ***Kṛiṣṇajīraka***.
Suṣkāmalakī - A measurement of weight equal to dry fruit of ***Āmalaka*** i.e. approxi. 2 gm.
Suṣmanā - Spinal cord.
Sutikā - Condition of the woman immediately after delivery.
Sutikā-Jvara - During the delivery if proper care of cleanliness, sterilization etc. is not taken; the patient may suffer from fever that is known as ***Sutikā Jvara***. It is of six types viz. ***Vātika, Paittika, Kaphaja, Sannipātika, Stanyotha*** and ***Grahotha***.
Suvarṇa 1 - Gold.
Suvarṇa 2 - 8 gm. approximately. (A unit of measurement.).
Suvarṇa Gairika - Red ochre (one of the minerals mentioned in the Ayurvedic texts).
Suvarṇaka - Indian Laburnum; Pudding Pipe tree.
Suvarcikā/ Suvarcikākṣāra - Impure carbonate of soda, also called ***Sarjikṣāra***.
Sūkara - Wild boar.
Sūkara damṣṭra - A minor disease associated with non-suppurated swelling in periphery.

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Sūkara Puṣpikā - Superb Lily. Gloriosa Superba, Linn. A plant species.
Sūkarī - Wild she boar.
Sūkṣma 1 - Elettaria cardamomum, a medicinal plant.
Sūkṣma 2 - Subtle.
Sūkṣmaphala - Zizyphus Nummularia, a medicinal plant.
Sūpa - Soup of pulses.
Sūparṇa - A kind of bird.
Sūraṇa - Amorphophallus campanulatus (Roxb.) A plant species.
Sūraṇa kanda - Elephant's foot. A plant species.
Sūrayavarta - Recurrent neuralgic pain in the head.
Sūrpa - 16.584 kg. or 24. 576 litres. approximately. (A unit of measurement.).
Sūrya Paṭṭa - Gigantic Swallow wort; ***Mudar***.
Sūryāvarta 1 - ***Caravalla*** Seeds. Gynandropsis Pentaphylla, Dc. A plant species.
Sūryāvarta 2 - Chronic sinusitis. The headache that begins with the sunrise, increases up to the mid day, thereafter starts decreasing and is relieved with the sunset is known as ***Sūryāvarta***. It occurs particularly behind the eyes and eyebrows.
Sūryāvatī (Âdityavallī) - The plant Cleome Icosāndra or viscosa.
Sūryakānta 1 - Converging glass.
Sūryakānta 2 - Sun stone.
Sūryakṣāra - Saltpeter.
Sūryamukhī - Sunflower. Helianthus Annuus, Linn.
Svāda - Taste.
Svādhīnata - Ageusia. Loss of taste.
Svādukaṇṭaka- Mauritius Plum. Flcourtia Ramontchi, a plant species.
Svāduparṇī - Euphorera releliufera, a plant species.
Svāstha vrata - Maintenance of the health in general.
Svāsthya - Health.
Svāti - A name of a Constellation.
Svāyathu - Oedema.
Svabhāva - Nature.
Svabhāvika diseases - The Ayurveda classifies diseases under four categories - ***Agantuka***, ***Doṣaja***, ***Mānasika***, and ***Svabhāvika***. ***Svabhāvika*** diseases are those related to nature like thirst, hunger as well as old age.
Svarṇa - Gold.
Svarṇa Kṣīrī - Yellow thistle. Prickly or Mexican poppy. Aregemone Mexicana. Linn.
Svarṇa yūthikā - Jasminum Humile, Linn. A plant species.
Svarṇajātī - Jasminum flexylisa, a plant species.
Svarṇakṣīrī - Argemone mexicana, a plant species.
Svarṇamākṣikā - Copper pyrites.
Svarṇapatra - Syn. of ***Svarṇapatrī***.
Svarṇapatrī - Cassia angustifolia, a plant.
Svarṇapuṣpī - Campaka, a plant species.
Svarṇavallī - Cuscuta reflexa, a plant species.
Svara - Voice.
Svara doṣa - Cacophonia.
Svara kṣaya - Diminution of voice. Aphonia.
Svarāsanā - Common Milk Hedge. Euphorbia Neriifolia, Linn. E.
Svarabheda - Hoarseness of voice.
Svarasa - Juice, Fresh Juice.
Svaravāha srotas - Vocal chord.
Svarjikṣāra - *Kṣāra* of the plant *Apāmārga*.
Svasti vācana- Recitation of incantations for the welfare of the patient.
Svastika - An auspicious tantric symbol. Cruciform.
Svastika bandha - Cross or spiral bandage. Used for fracture or dislocation of shoulder joint.

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Svastika Yañtra - Cruciform instruments etc. forceps etc.
Svatañtra - Independent.
Sveda - Fomentation.
Sveda vidhi - Sudation, fomentation therapy.
Svedābhiṣyanda - Obstruction of the channels of sweating.
Svedāvarodha - Obstruction of sweating.
Svedajanana - Diaphoretic.
Svedana - Fomentation therapy, Perspiration.
Svedopaga - Adjuvant in sudation therapy.
Sveta kancan - Bauhinia Racemosa, Lim. A plant species.
Svetapuṣpa - Sweet–scented oleander; Roseberry Spurge. Nerium Odorum, Soland.
Svinna - Boiling by steam. Liquefied. Also fomented.
Taṇḍula 1 - Rice. Oryza sativum, a medicinal plant.
Taṇḍula 2 - Grains free from chaff.
Taṇḍula 3 - 8 mg. approximately. (A unit of measurement.).
Taṇḍula toya - Rice-washing. See ***Taṇḍulodaka***.
Taṇḍulīyaka (***Tanḍulīya***) - Amaranthus polygamus or gangeticus. A plant species.
Taṇḍulodaka - Rice water. Rice wash. It is an infusion of rice in cold water. 50 gm. of clean and very coarsely pounded rice are infused in 400 ml. of cold water for two or three hours. The rice soaked in the infusion is then thoroughly macerated by hand before the infusion is strained through cloth. The strained liquid is rice water.
Tāḍana - Beating.
Tāla - Borassus flabellifera, a plant. Palmyra. Also referred to as ***Tāla Jaṭā***.
Tāla mastaka - upper portion of a palm tree.
Tāla Yañtra - Instruments with flat discs at their tip, in either one or both arms. Scoop or spoon.
Tālaka - Orpiment. Arsenic trisulphide.
Tālamūli - Curculigo archioides, a medicinal plant.
Tāliśapatra - Himalayan silver fir leaf. Abies webbiana.
Tālu - Palate.
Tālu arbuda - Name of a palate-disease associated with lotus-like swelling.
Tālu pāka - Name of a plate-disease characterized by serious type of suppuration.
Tālu puppuṭa - Name of a palate-disease characterized by painless but permanent swelling.
Tālvasthi - Palatine.
Tāmala patra - Cinnamomum Tamalā, a medicinal plant. Tobacco.
Tāmalakī - See ***Bhūmyāmalakī***, a medicinal plant.
Tāmara–vallī - Phyllanthus Urinaria, Linn.
Tāmasika - Having the predominance of the attribute ***tamas*** in the mind.
Tāmbūla - Piper betel, a medicinal plant. Betel–leaf.
Tāmra - Copper.
Tāmrakūta - Tobacco. Nicotiana Tabacum, Linn.
Tagara - East Indian Rose–bay wax–flower plant; Ceylon Jasmine; Tabernaemontana Coronaria.
Taila Lepan - Anointing.
Tailaparṇa - Eucalyptus globules, a medicinal plant.
Tailapayika - A kind of she bird.
Takkola - Clerodendron phlomidis Linn. A plant.
Takra - Buttermilk, whey.
Takrāmla - Sour butter-milk.
Taluvidraddhi - Abscess of the palate.

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Tama 1 - One of the three attributes of the mind—the other two being ***sattva*** and ***rajas***.

Tama 2 - A feeling as if entering into darkness.

Tamaka - Fainting. Bronchial asthma.

Tamaka śvāsa– Bronchial asthma.

Tamalā - Cinamom back. Cinnamomum Tamalā, Fr. Nees.

Tamas - Entering into or appearance of darkness.

Tamasu - Asthenia.

Tamuktā darśana - Repeated fainting fits.

Tandrā - Drowsinees.

Tandrikā - One of the thirteen varieties of ***sannipāta*** fever.

Tañga - Borax.

Tañka 1 - Pyrus communis, a medicinal plant.

Tañka 2- Unit of weight equivalent to Approx. 4 gm.

Tañkaṇa - Borax.

Tañkaṇakṣāra - Borax.

Tañtra yukti - Logic for debates.

Tañtu - Fibre.

Tapa - Fomentation by warmed cloth, palms, etc.

Tapasvinī - Muskroot; Indian Spikenard. Nardostachys Jaṭāmānsī, Dc.

Tapinja - Mysore Gamboge Tree. Garcinia Pictoria, Roxb.

Tarakṣu - Hyena.

Taravara - Also named as ***Āvartakī***. Tanner's cassia. Cassia Auriculata.

Tarku - An instrument used to weave cotton lumps into strings.

Tarpaṇa 1 - Refresing drink or refresing therapy.

Tarpaṇa 2 - Offering libations of water to manes etc.

Tarpaṇa 3 - Therapy of nourishing the eye.

Taruṇāsthi - Cartillage.

Tattvonamāda - Insanity caused by the nerves.

Tavakṣīrī - A herbal species. The term literally meaning 'starch separated from' the rhizomes of Curcuma angustifolia Roxb. Called ***tikhur*** in Hindi and used as a substitute of true arrowroot. Maranta arundinacea Linn. Also used by ***Vaidyas*** as a substitute of true ***Vamśalochana***, a latex like or sugary crystalline material collected in the hollows of ***Vamsa***, the bamboo. Curcuma Angustifolia, Roxb.

Tejabala - Toothache tree.

Tejapatra - Cassia leaves.

Tejas - Heat.

Tejojala - The lens of the eye.

Tejovatī - Zanthoxylum alatum Roxb. A plant species.

Tīkṣṇa - (a) Ingredients having sharp attributes. (b) Acute attack of fever.

Tīkṣṇa taṇḍula - Dried catkins; Long–Papper. Piper Longum, Linn. Chavica roxburgii.

Tīkṣṇāgni - Excessive digestive power.

Tidarya - An acquatic bird.

Tikṣura - Curcuma angustifolia Roxb. A herbal plant.

Tikta - See ***Kaṭukī***, a medicinal plant.

Tikta Sūpa - Bitter soup.

Tikta tumbī - Bitter bottle–gourd.

Tila - Literally from the verb root '***til***'meaning 'to go, to be unctuous' The earliest oil yielder of India and hence oil itself is called ***taila*** in the country. Sesamum Indicum, Dc.

Tilaka 1 - Application of the ***kalka*** in the forehead.

Tilaka 2 - Country cinnamon. Cinnamomum Malabathrum.

Tilakālaka - Name of a disease - non-elevated mole. A Sore.

Tilanaka - Pin Reed Grass. Saccharum ***Sāra*** - S. arundinaceum - S. ciliare.

Tilaparṇī - Gynandropsis Gynandra, a medicinal plant.

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Tillaka - Lodhra tree. Symplocos Racemosa, Roxb.

Timi - A kind of whale.

Timingala - A large fabulous flesh.

Timira - Cataract. Partial or complete opacity of the eye lens is known as ***Timira***.

Tinḍiśa - Edible Hisbiscus - Ladies' fingers; Okra; Ockro. A plant species.

Tinduka 1- Diospyras pirigrina. A herbal plant.

Tinduka 2 - 8 gm. approximately. (A unit of measurement.).

Tinisā - Ougeinia Dalbergioides, Benth. A plant species.

Tintiḍi - Tamarindus Indicus. Tamarind plant. (***Imalī***).

Tintiḍikā - See ***Ājhika***, a medicinal plant.

Tiryaga Dhamanī - Sideward arteries/nerves.

Tiryak - Movement in oblique direction.

Tiryak gāta- Sideward dislocation.

Tiryaka Pātana Yañtra - A glass distillery.

Tiryakpātana - Distillation.

Tiryakphala - Paveta Indica, Linn. Ixora pavetta.

Tithi - Name of week-days or days of a fort-night.

Titteriphalā - Purgative croton; Croton–oil seed. Croton Tiglium, Linn. A plant species.

Tittira - Partridge.

Tolā - Unit of weight; approx. 12 gm./12ml. May be 8 gm. too (according to other scool of measurement).

Toya - Water.

Toya pippalī - Sapium Sebiferum, Roxb. A plant species.

Tri Kṣāra - The three alkalis including ***Sarjikṣāra*** (Soda Carobonate), ***Yavakṣāra*** (Potash Corbonate) and ***Tañkaṇakṣāra*** (Borax).

Tṛiṇa Pañca Mūla - The combination of five grass including the ***Kuśa***, ***Kāsa***, ***Nāla***, ***Sāra***, and ***Darbha***.

Tṛiṇakanṭa Maṇi - Amber.

Tṛidhāra - Euphorbia antiquorum. Stem, roots and root bark used in various medicinal formulas.

Tṛidinaja - Syn. ***Tṛitīyaka***, a type of ***viṣama jvara***.

Tṛidoṣa - The triad of ***doṣas*** - ***Vāta***, ***Pitta***, and ***Kapha***.

Tṛidoṣaja - A condition caused by the simultaneous vitiation of all the three ***doṣas***.

Tṛijāta - The combination of three materials ***Tvak*** (Cinnamon bark), ***Elā*** (Smaller cardamom) and ***Patra/Tejapatra*** (Cassia). Also called ***Tṛisugandhā***.

Tṛijātaka- Collective name of three aromatic drugs, namely, ***tvak***, ***elā*** and ***patra***.

Tṛika - 1 Upper back (part of body).2 Lumbo-sacral joint.

Tṛika Śūla - pain in the temple.

Tṛika sandhi - Sacro-iliac joint. Also refers to scapular joints.

Tṛika stambha - Stiffness of the space between two scapular joints.

Tṛikaṇa - Dried catkins. Pepper. Piper Longum, Linn. Chavica roxburgii.

Tṛikānta - Small Caltrops. Tribulus Terrestris, Linn. A plant species.

Tṛikāṣṭhi - Sacrum.

Tṛikañṭaka - Milk–hedge; Indian Tree–spurge. Euphorbia Tirucalli, Linn.

Tṛikaṭu - Collective name of three hot herbs including ***Sunthi*** (dried ginger), ***Pippalī*** (pepper longum) and ***Marica*** (black pepper).

Tṛikucakra - a sharp scalpel.

Tṛikūcakra śastra - Brush with three spikes.

Tṛikūcakra yañtra - Trocar.

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Tṛimada- Collective name for three drugs, namely ***mustā***, ***viḍanga*** and ***citraka***.

Tṛimadhu - The combination of ***Ghṛitam*** (***ghee***, clarified butter), ***Guḍa*** (raw sugar, jaggery) and ***Madhu*** (honey).

Tṛimala - The combination of three herbs ***Mustaka*** (Cyperus Torundus), ***Citraka*** (Plumbago Zeylanica) and ***Viḍanga*** (Embelica Ribis).

Tṛipadi mantra - A ***mantra*** having three steps.

Tṛiphalā - The combination of three herbs including ***Harītikī*** (Terminalia chebula, myrobalan), ***Amala*** (Phyllanthus Emblica), and ***Vibhītaka*** (Terminalia Belerica).

Tṛiptighna - Appetizers.

Tṛipuru - Smaller cardamom.

Tṛipuṭa - Turpeth root. Indian Jalap. Ipomoea Turpethum, Br.

Tṛiṣṇā - ***Tṛiṣṇā*** is a disease characterized by excessive thirst.

Tṛiṣṇāhara Peya - Beverage, suppresser of thirst.

Tṛiṣṇānirodhaja dāha - Burning sensation caused by the suppression of the natural urge of thirst.

Tṛisugandhā - The combination of three materials ***Tvak*** (Cinnamon bark), ***Elā*** (Smaller cardamom) and ***Patra/Tejapatra*** (Cassia). Also called ***Tṛijaṭā***.

Tṛisugandhi- Collective name of three aromatic drugs, namely, ***tvak***, ***elā*** and ***patra***.

Tṛitīyaka jvara - Fever which occurs on the third day.

Tṛitīyaka viparyāya - A variety of ***Tṛitīyaka jvara***.

Tṛivṛit - Syn. of ***Niśotha*** Turpeth root; Indian Jalap. Ipomoea Turpethum, Br.

Trāṣāna - Terrorising.

Trāyamāṇā - Gold Thread. Thalictrum Foliolosum, Dc. A plant species.

Trakṣaya - Emerald.

Tranaraj - Cocoanut Palm. Cocos Nucifera. Linn.

Trapuṣā 1 - Common Cucumber. Cucumis Sativus, Linn. A plant species.

Trapuṣā 2 - Tin.

Trapvādi Gaṇa - Group of the ***bhasma*** of the following metals - ***Vanga***, ***Nāga***, ***Tāmra***, ***Rajata***, ***Loha***, ***Svarṇa***, and ***Manḍūra***.

Tryūṣṇa - Combination of ***Marica*** (black pepper), ***pippalī*** (Pepper), ***śunṭhī*** (Dried ginger).

Tryūṣṇa- See ***tṛikaṭu***.

Tuberika - Petiole Pea; Cadjan Pea; Congo Pea. Cajanus Indicus. A plant species.

Tulasī - Holy Basil. Ocimum Sanctum, Linn.

Tumbī 1 - Cupping.

Tumbī 2 - White pumpkin; Benares pumpkin; Long white gourd.

Tumbinī - Lagenaria siceraria Standl. A herbal plant.

Tunḍakeṣi - Indian cotton Plant. Gossypium Indicum, Lam. G. herbaceum. A plant species.

Tunḍikerī - Tonsillitis, associated with a large swelling and pricking pain at the root of the palate.

Tunnaka - See ***Ghanyaka***, a medicinal plant.

Tunnasevanī Sandhi - Serrated joints.

Turañgī - Mare.

Turuṣak - Liquidambar orientalies Miller. A plant species.

Tuṣa - Bran, Oryza sativa Linn.

Tuṣāmbu- A drink prepared by keeping soaked corns etc.

Tuṣodaka - A sour liquid prepared of husks of cereals for drinking and purification of metals, etc.

Tutthaka - Copper Sulphate. Blue vitriol.

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Tuvaraka - Wild almond. Hydnocarpus Wightiana, Blume. H. Bnebrians, Wall.

Tuvarī 1 - Pegion Pea. Congo Pea. Cajanus Indicus.

Tuvarī 2 - Alum.

Tuvuru - Diospyros Malanoxyion. A plant species.

Tūṇa - Red Toon or Indian Mahogany Tree. Cadreia Toona. Roxb.

Tūḍa - White Mulberry.

Tūla – Unit of weight. approx. 5 kg.

Tūni - The condition caused by the instantaneous migration of the aggravated ***vāta*** from colon to testicles.

Tūrṇā - Generally this term implies immediate action.

Tvachā - Skin including mucus membrane. Skin-layers, 6 as per the Ayurveda.

Tvagavidāraṇa - Scaly skin.

Tvagdoṣa - Skin disease.

Tvaggatā - A condition in which skin is afflicted.

Tvak 1 - Cinnamon Bark. *Dalchini*.

Tvak 2 - Skin including mucus membrane.

Tvak pāka - Suppuration of the skin.

Tvaka vikāra – Problems of skin.

Tvak-gata-masūrikā - Small pox in which skin is afflicted.

Udāna (***vāta***) - One of the five varieties of ***vāta***. It is located in the umbilicus, chest and throat. It helps in speech, efforts, strength complexion etc.

Udāsīna varga - Group of drugs which form impartial combination.

Udāsīnatva - Impartial combination.

Udāvarta - Disease caused by voluntary suppression of natural urges like defecation, urination, yawning, sneezing, eructation, hunger, thirst, respiration, sleep etc. Upward movement of ***vāta*** or misperistalsis.

Udaka vāha srotas- Channel carrying water.

Udara - The abdomen. Also abdominal diseases including ascites.

Udara Roga - Diseases of abdomen. Stomach troubles.

Udara Śūla - Pain in abdomen.

Udaraguhā - Pelvic cavity.

Udarariti - Pain in abdomen.

Udara-vipāṭana - Lparatomy.

Udarda - Urticarials.

Udaśvit - Whey.

Uddharaṇa - Extracting, the act of pulling out.

Uddhūlana - Dusting powder.

Udgara śuddhi - Purity of eructation.

Udumbara - Cluster fig. udumbara Fig or Country Fig tree. Ficus Gomerata, Roxb.

Udvartan - Medicated unction.

Udveṣṭana- Upward movement of the bladder.

Ugaru - Tiger's Milk Tree. Ebcoecaria Agallocha, Linn.

Ugragandhā - Garlic.

Ugragranthi - Sweetflag. Acorus Calamus, Linn.

Ulukhala Sandhi - Universal/ ball socket (part of body).

Umā - Linseed. Flax plant. Linum Usitatissimum, Linn. A plant species.

Unmāda - Asynesia insanity. ***Unmāda*** is an indisposition characterized by the unsteady state of mind (***Mana***), intellect (***Buddhi***), orientation (***Sangyā Gyāna***), memory (***Smṛiti***), insight (***Bhakti***), character (***Śīla***); behaviour (***Ceṣṭā***) and conduct (***Ācāra***).

Unmāda vāta - Insanity; the ***vāta*** aggravated as a result of this ailment.

Unmāna - 8.292 kg. approximately. (A unit of measurement.).

Unmārgamagatā - Upward movement.

Unmārgī - A type of fistula in ano with many external openings.

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Unmanthaka - Name of an ear disease.
Unmardana - Unction.
Unmata - 1. Insane. 2. Thorn apple.
Unmathana - Pulling out after twisting, elevating, raising.
Unnava - Zizyphus sativa Gaertn. A herbal plant.
Upa Kaṇṭha - Epiglottis.
Upādhān - Pillow.
Upāna - Taggar. Asarum Enropoeum. Linn.
Upānāha - A poultice.
Upāntra - Appendix.
Upāśaya - Exploratory therapy.
Upāstambha - Absence of peristaltic movement in the intestine. Distension of stomach.
Upadamśa - A venereal disease-syphilis. Hard and soft chancre transmitted by contact with the diseased genital organ of the opposite sex.
Upadarva - Complications, disorder.
Upadhātu - Subordinates to the ***Dhātus***, i.e. the major constituents of the body. ***Upadhātus*** include ***Stanya*** (breast milk), ***Ārtava*** (menstrual blood), ***Kandara*** (tendons), ***Śirā*** (vessels), ***Vāsa*** (fat), ***Tvak*** (skin), ***Snāyu***, etc. They are also vitiated by ***Doṣa***.
Upadyki - Portulaca Quadrifida, Linn. or P. maridiana. A plant species.
Upajihvā /vikā - Acute glossitis. Inflammation of the throat.
Upakuncikā - Small Fennel or Black Cumin. Nigella Sativa, Linn.
Upakuṣa - Name of a gum disease. Gingivitis.
Upanguśṭha - Calcar.
Uparasa– ***Gandhaka*** (Sulphur), ***Vajra*** (Diamond), ***Vaikrānta*** (Tourmeline), ***Vajrābhra*** (Mica), ***Haratāla*** (Orpiment), ***Manahśilā*** (realgar), ***Kharpara*** (Calamine), ***Tuttha*** (Copper sulphate), ***Vimala*** (Iron pyrite), ***Svarna Mākṣika*** (Copper pyrite), ***Kāśīśa*** (Ferrous sulphate), ***Kānta Pāṣāṇa*** (Magnetite), ***Varāṭikā*** (Cowri), ***Añjana*** (Stibnite). ***hiñgula*** (Cinnabar), ***Gairika*** (Red ochre), ***Śankha*** (Conch), ***Bhūnāga*** (Earth worm), ***Tañkaṇa*** (Borax), ***Śilājātu*** (Bitumen?) are the ***Uparasas*** which are subjected to proper ***Śodhana*** and ***Māraṇa***.
Upasneha- Exudation.
Upastambhana - A therapy that arrests movement of substances in the body.
Upavāsa - Fasting.
Upaviṣa - The semi-poisonous herbs. They include ***Arka*** (Calotropic gigantics), ***Sudhāra*** (Euphorbia nerifolia), ***Dhustūra*** (Belladona), ***Lāngalī***, ***Karavīra***, and ***Guñjā***.
Upaviṣaka - Indian atees. Aconitum Heterophyllum, wall. Or A. Cordatum.
Upavṛikkī - Adrenaline.
Upcarma - Epidermis.
Upodikā - Indian spinach.
Urah - Chest, breast.
Urah Kṣata - Haemoptysis, bleeding from lungs. The acts like lifting the heavy load, falling from uneven height, fighting with strong man or animal, excessive indulgence in sex, taking of unnourished diet, etc. may cause ulcerative lesion in the chest and this condition is known as ***Urah Kṣata***.
Urah sandhāna - Healing of the ulcer in the chest.
Urasthi - Stermum.
Urastoya - Accumulation of fluid into the pleura (a serous membrane investing the lungs).
Urdha-bhāgahara - A drug that cleans the upper portion of the body by throwing out the dirt through upper passages i.e. mouth and nose etc.
Urdhava jatru - Supra-clavicular region. i.e, head and neck.
Urdhava śvāsa - A type of asthma.

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Urdhava vāta - Upward movement of the wind.

Urdhavaga - Moving upwards.

Urdhavaga āmla pitta - Gastritis having upward moving caracteristics.

Urdhavaga Dhamanī - Upward arteries/nerves.

Urdhavapātana– A vessel with another vessel placed inverted upon it while the joining parts are sealed. A water holder is constructed upon the upper vessel and filled with water. This apparatus is called ***Urdhavapātana Yañtra***.

Urmikā - Ripple.

Uroghāta - Injury to the chest.

Urograha - Stiffness in the sides of chest as well as abdomen.

Uru - Thigh.

Uru graha - stiffness of thighs.

Urubūk - Castor plant.

Urusāda - Atrophy of the thigh muscles.

Urustambha - Rigidity of thighs due to accumulated ama. Paralysis of thighs.

Uśa - Calory.

Uśaka 1 - The plant Dorema ammomiacum D. Don. Its latex is used in medicines.

Uśaka 2 - Saline Soil.

Uśīra - Vetiveria Zizanioidis Roots. ***Khas***.

Uṣṇa jvara - Fever associated with high temperature.

Uṣṇa vāta - A disease of the urinary tract characterized by burning micturation.

Uṣṇavātatapa Ghaṭa - Heat stroke.

Uṣakādi Gaṇa - Group of drugs including ***Uṣaka***, ***Saindhava***, ***Śilājātu***, ***Kaśīśa***, ***Hingu*** and ***Tuttha***.

Uṣana 1 - Pungent drug. Warm.

Uṣana 2 - Pepper or Black pepper.

Uṣana 3 - Pipper Chaba, Hunter, P. officinarum.

Uṣmā 1- Heat.

Uṣmā 2- Fomentation by steam.

Uṣmodaka - Water treated through boiling.

Uṣṭria śirodhāra - Name of a type of fustula-in-ano.

Uṣṭragrīvā - Name of a type of fustula-in ano.

Utakañṭaka - Camel's hide. Echinops Echinatus, Dc. A plant species.

Utasanga bandha - Arm sling bandage.

Utkaṭa - Cinnamon.

Utkleśa - 1 Nausea. 2 Separation of adhered ***doṣas*** from the channels of circulation.

Utkoṭha - Name of a skin disease.

Utpāta - Name of an ear disease caused by injury.

Utpala - The term literally meaning 'bursting open'. This is in reference to the blooming showy flowers of the plant i.e. lotus. Nymphoea stellata.

Utpalādi Gaṇa - Group of herbal leaves of the following species - ***Utpala*** (***Kamala***), ***Raktotpala*** (***Rakta Kamala***), ***Kumuda*** (***Śveta Kamala***), ***Saugandhika*** (***Nīla Kamala***) ***Kuvalaya*** (***Śveta Nīla Kamala***), ***Punndarīka*** (***Atiśveta Kamala***), ***Madhuka*** (***Madhuyaṣṭī***).

Utpalabheda - Thick–leaved lavender. Anisochilus Carnosus, wall.

Utpalapatra śastra - Brush with three spikes, a lancet.

Utpiṣṭa- Crushed injury.

Utsādana - Rubbing or unction.

Utsāntra - Displacement of internal organs.

Utsanga - Horizontal.

Utsanga pīḍaka - Name of an eye disease in which pimples appear in the eye lid.

Uttāma - Name of a pudendal disease.

Uttāna 1 - Acute.

Uttāna 2 - Superficial. A type of ***vāta rakta***.

Uttāna basti - A type of medicated enema employed for curing diseases of

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genital tract. It is administered through urethra. In females, it is also administered through the vaginal tract.

Uttāna Śayaṇa - Recumbent position.

Uttara Basti -See ***Anuvāsana Basti***.

Uttarabasti Yañtra - Rubber ball vaginal douche.

Uttaramahā Śirā - Superior vena cava.

Uttaravāruṇī - See ***Indravāruṇī***, a medicinal plant.

Utthāna - Syn. of ***Nidāna***, the causative factor.

V imṛida - Bole.

Vāguji - See ***Vākucī***, a medicinal plant.

Vāha - 33.168 kg. approximately. (A unit of measurement.).

Vājikaraṇa - Science of aphrodisiacs.

Vāka yañtra- Distilling apparatus; retort.

Vākucī - Purple Fleabane. Vernonia Anthelmintica, Willd. A plant species.

Vākucī Taila - Oil of seeds of the plant Psoraleacorlifolia Linn.

Vālmīka - The soil obtained from the ant-hill.

Vāluka - Gisekia Pharnaceoides, Linn.

Vāluka Puṭaka - Sand tied in a piece of cloth in the form of a bolus.

Vāluka Yañtra 1 - An implement used for the preparation of medicine by sublimation. See ***Bālukā Yañtra***.

Vāluka Yañtra 2 - A sand bath.

Vāmana - Dwarf.

Vāmi - Vomiting.

Vārāh Puṭa - Method of cooking medicinal preparations. Dig a 46cm. long, broad and deep (nearly half of the ***Gajpuṭa***) pit in the ground. Fill it with cow dung cakes; place the ***Mūṣā*** (herb pot) in the centre and fire. Prepare the medicine as in ***Mahāputa***.

Vārāha dasana - A serious type of erysipelas characterized by swelling which is non-suppurating.

Vārāha kanda - The plant Tacca aspera Roxb.

Vārāha krāntā - Sensitive Plant; Humble Plant. Mimosa Pudica, Linn.

Vārāhī - Dioscorea bulbifera Dioscorea sativa, a medicinal plant.

Vārāhīkanda - Jasminum sambac, a medicinal plant.

Vārṣika - Fever occurring once in a year.

Vārṣiki - Arabian Jasmine. Jasminum Sambac, Ait.

Vārtāku - Egg– Plant. Brinjal. Aubergine.

Vāruṇī Yañtra - An implement used for the preparation of medicines by distillation.

Vāsa 1 - The plant Adhatoda vasica.

Vāsa 2 - Muscle fat.

Vāspoṣma - Heat of grief.

Vāṭya - Fried barley.

Vāta - One of the three ***doṣas***, other two being ***pitta*** and ***kapha***. Syn. of ***Vāyu***.

Vāta 1 - Banyan Tree. Ficus Bengalensis, Linn. F. indica.

Vāta Jvara - Malaria.

Vāta Kañṭaka - Sprain of the ankle. A type of ***vāta roga***.

Vāta Paryāya - Name of an eye-disease in which eye-brows and eyes get frequently afflicted by ***vāta***.

Vāta Praroha - Adventitious root of banyan tree.

Vāta Rakta - Gout. Arthritis.

Vāta Roga - Disease caused by the aggravation of ***vāta***.

Vāta Śoṇita - Gout.

Vāta śleśmikaja Jvara - Influenza. Moderately high fever with pain in joints and headache.

Vāta Valasaka - A disease characterized by the aggravation of both ***vāta*** and ***kapha***.

Vāta Visphoṭa - Cicken-pox in which ***vāta*** is aggravated.

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Vāta Vyādhī - (1) Disease of nervous system. (2) Diseases caused by aggravated or vitiated ***vāta***.

Vātāma - Almond.

Vātāma - Seeds stuff and seed's oil of this plant species are used. Almond.

Vātāri - Castor–oil plant. Ricinus Communis, Linn.

Vātāṣṭhīla - Hard tumour in the rectal or urinary passage.

Vāta-asthi-śoṣa - Osteoporosis.

Vātada - Prunus amygdalus Batsch. A plant species.

Vātaja - Caused by the aggravation of ***vāta***.

Vātaja sinus - Sinus caused by the aggravation of ***vāta***.

Vāta-kaphaja - Condition caused by the simultaneous vitiation of ***vāta*** and ***kapha***.

Vāta-nalikā - Bronchi.

Vātanulomana - Which helps in the downward movement of wind.

Vāta-paittika - Condition caused by the simultaneous vitiation of ***vāta*** and ***pitta***.

Vāta-paittika visphoṭa - Chicken-pox caused by the simultaneous vitiation of ***vāta*** and ***pitta***.

Vāta-pittaja - Condition caused by the simultaneous aggravation of ***vāta*** and ***pitta***.

Vātasūtra- Nerve.

Vātika - An indisposition caused due to disorder in wind humor, the ***vāta***.

Vātika abhiśyanda - Conjunctivitis caused by the predominance of ***vāta***.

Vātikmūrcchā - Unconsciousness caused by aggravation of ***vāta***.

Vātula - Rheumatic.

Vabbula - Indian gum arabic tree; Babul tree. Acacia Arabica willd.

Vacā - Sweetflag. Acorus Calamus, Linn.

Vacādi Gaṇa - Group of herbs including ***Vacā***, ***Mustaka***, ***Ativiṣā***, ***Abhayā***, ***Bhadradāru*** (***Devadāru***) and ***Nāgakeśara***.

Vaḍavāgni - Forest fire.

Vadha 1 - Stabbing etc.

Vadha 2 - Syn. of ***Bāla*** or Country mallow.

Vadhyayāma - A type of ***vātika*** disease characterized by bending towards the back side.

Vahisā - Momordica Dioica, Roxb. A plant species.

Vahni dāha - Cauterisation.

Vahni karma - Cauterization therapy.

Vahni māndya - Diminished power of digestion.

Vaiḍāla - Pulses having two cotyledons.

Vaidārikā - A disease of the ear.

Vaidarbha - Name of a gum disease caused by injury.

Vaidehīkaṇa - Dried catkins; Pepper. Piper Longum, Linn.

Vaidurya - Beryl Sapphire. Cat's eye.

Vaijayantī - Sesbenia sesban. A herbal plant.

Vaikṛita - Fever caused by ***doṣas*** that are not naturally vitiated during the particular season.

Vaikṛitapahā - Correction of deformities.

Vaikrānta - Copper ore. Tourmaline.

Vaipādikā - A type of ***kuṣṭha*** (obstinate skin-disease).

Vairasya - Distaste in mouth.

Vairecanikā - A type of smoking therapy. A therapy that eliminates ***doṣas*** from the eyes.

Vaiṣṇavī - Bamboo. Bambusa Arundianacea, Retz.

Vajra - Diamond.

Vajra Kanda - Synantherias. A plant species.

Vajra mūṣā - A type of crucible used for keeping metals etc. used for their melting and calcinations. Two parts of paddy husk, one part each of mud of anthill, ***Manḍūra*** (oxide of iron),

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white mud and pieces of human hair taken togethers and pounded and triturated well in goat's milk for 3 hours. With this mass a ***Vajra mūṣā*** is prepared and dried.

Vajradantī - Barleria Prionitis, Linn. A plant species.

Vajradruma - Milk–hedge; Indian Tree–spurge. Euphorbia Tirucalli, Linn.

Vajrakanda - Wild Surān; Synantherias Sylvatica, schott.

Vajrakañṭaka - Triangular spurge. Euphorbia Antiquorum, Linn. A plant species.

Vajratuṇḍi - Triangular spurge. Euphorbia Antiquorum, Linn.

Vajravallī - Vitis Quadrangularis, Wall. A plant species.

Vajrī - See ***Snuhī***, a medicinal plant.

Vakavṛikṣa - Crane Tree. Conocarpus Latifolius or Anogeissus latifolia.

Vakṣa Sthāla - Thorax.

Vakula - A kind of tree, Mimusops Elengi. It is also called ***Bakula***.

Vala - Hair.

Valada - Prunus amggolalus, a medicinal plant.

Valaya 1 - Curved, irregular bones.

Valaya 2 - Name of a throat-disease associated with extended and elevated swelling.

Valaya 3 - Ring or circular.

Valka - Skin.

Valla - Unit of weight; Approx. 375mg. Also spelt as ***balla***.

Vallī pañcamūla - Group of the following herbal roots - ***Vidārī*** (***Vidārī Kanda***), ***Sārivā*** (***Anantā-mūla***), ***Rajanī***(***Haridrā***), ***Guḍūcī***, ***Ajaśṛingī*** (***Meśaśṛingī***).

Valliyam - Black–pepper; Decorticated pepper; Common pepper.

Valoma Granthi - Pancreas.

Valya – See ***Rasāyaṇa***.

Vamana - Emesis. Emetic therapy.

Vamanopaga - Adjuvant in emetic therapy.

Vamśa - Bamboo. Bambusa Arundianacea, Retz.

Vamśī - 0.027 mg. approximately. (A unit of measurement.) (Smallest visible particle of dust in a beam of sunlight coming through a hole in a bamoo rafter).

Vana ārdraka - Wild Ginger. Zingiber Cassumunar, Roxb, or Z. purpureum & Z. cliffordii.

Vana Karpāsa - Wild cotton.

Vana Lakṣmī - Plantain or Banana.

Vana Methikā - Sweet–cloves. Trifolium Indicum, Linn. Wild fenugreek.

Vana Yavānī - Seseli indicum W & A. A herbal plant.

Vanārī - Cow–hage or Cowithch plant. Mucuna Pruriens.

Vanaharidrā - Wild Turmeric; Yellow Zedoary; Cochin Turmeric.

Vanamecikā - Melilolus parviflora, a medicinal plant.

Vananīlī - Baptin.

Vana–palanḍam - Indian Squill. Urginea Indica, Kunth.

Vanayamani - Seseli indicum, a medicinal plant.

Vandhya - Memordica cochinchinensis, a medicinal plant.

Vandi - Name of animal- identity not clear.

Vanga– Tin. Also known as ***Kuṭila***, ***Kurupya***, ***Trapu***, ***Trapuṣā***, ***Rangaka***, ***Ranga***, ***Śukraloha*** etc.

Vanhiruci - Staff Tree. Bom, Celastrus Paniculata, Willd.

Vanitiktikā - Velvet–leaf. Cissampelos Pareira, Linn.

Vankeri - The plant Caesalpinia digna. Its root is used.

Vankṣaṇa - Groin (part of the body).

Vankṣaṇa vidradhi - Appendicular abscess.

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Vanopala– Cow dung cakes. They are dried in the sun.
Vanśa - See ***Vamśa***. Bamboo.
Vanśalochana - Manna of Bamboo.
Vansalocana - Bamboo Manna.
Vanyakarkoṭi - See ***Vandhya***, a medicinal plant.
Varṇa kara - Bestowing colour/complexion.
Varṇāvat - Saffron; Turmeric. Curcuma Longa, Linn.
Varṇī - Cardamom; Malabar Cardamom.
Varānga - Citrus aurantium, a medicinal plant.
Varāṭikās - Cowri. Cowri-shell.
Varātakī - Brinjal. Aubergine.
Varam - Ginger.
Varati - A kind of wasp.
Varavara - Sweet Basil. Ocimum Basilicum, Linn.
Vardhamāna Prayoga - Administration of a drug in gradually increasing dose. After the prescribed limit, the Quantity of the drug is gradually decreased.
Vargalata - A medicinal plant.
Varī - See ***Śatāvarī***, a medicinal plant.
Varma Śotha - Inflammation.
Vartaju - Brinjal. Aubergine.
Vartaloha - Bell metal.
Vartī 1 - Elongated pill generally used for collyrium and suppository. Also spelt as ***Varttī***.
Vartī 2 - Stick (generally cotton).
Vartma - Eye-lids.
Vartma bandhaka - Disease of eye-lid characterized by swelling as a result of which it becomes incapable of covering the eye.
Vartma kardama - Disease of eye in which eye-lids become sticky.
Vartma manḍala - Eyelids.
Vartma Śarkara - Affliction of eye-lid by rough pimple
Vartmārbuda - A eye-disease associated with irregular growth in the interior of the eye-lid.
Varttī - Elongated pill.
Vartula - Garden Pea; Field Pea; Peas Pisum Sativum, Linn.
Varuṇa 1 - Three–leaved caper. Crataeva Religiosa. A plant species.
Varuṇa 2 - A type of leucoderma.
Varuṇa 3 - A type of alcoholic drink.
Varuṇa Māṇḍa- A type of alcoholic preparation.
Varuṇādi Gaṇa - Group of herbs including ***Varuṇa***, ***Arttagala***, ***śigru***, ***Madhuśigru***, ***Arapani***, ***Meśaśṛingī***, ***Karañja***, ***Pūtikarañja***, ***Moraṭa***, ***Agni-mantha***, ***Saireyaka*** (***Rakta***, ***Pīta***), ***Bimbi***, ***arka***, ***Apāmārga***, ***Citraka***, ***śatāvarīī***, ***Bilva***, ***Darbha***, ***Bṛihatī***, ***and Kañṭakārī***.
Vaśīkaraṇa- Means of bringing others under one's own control.
Vaśīra - Lippla Nodiflora, Rich.
Vasāmeha - Adiposuria.
Vasanavallī - Cocculus Villosus, Dc. A plant species.
Vasanta - Spring season.
Vasantī - Ixora Parviflora, a medicinal plant.
Vastra - Cloth, swab.
Vasuka - A kind of chenopodium. Goose Foot. Album. Indigofera Enneaphylla, Linn.
Vaṭajaṭānkura -Adventitious roots of ***vāta***.
Vaṭakạ - Large size pill.
Vaṭaroha - Banyan shoot.
Vaṭaśunga - ***vaṭajaṭānkura*** - Adventitious roots of ***vāta***.
Vaṭī - Pill or pills.
Vaṭika 1 - Shape of a medicine, generally round.
Vatābhiṣyanda - Conjunctivitis caused by the aggravation of ***vāta***.
Vatabalāsa - ***Vāta roga*** of the joints.

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Vataka 2 - 4 gm. approximately. (A unit of measurement.).
Vatapatrī - Sexifrag aligulata, a medicinal plant.
Vatrma - Eyelid.
Vatsaka - See ***kuṭaja***, a medicinal plant.
Vatsanābha - Indian aconite. Monkshood. Aconitum Ferox. Wali.
Vatsikā - Kurchi, Conessi or Tellicherry Bark. See ***Indrayava***.
Vayah-sthāpana - Rejuvenators.
Veṇu - Bamboo. Bambusa Arundianacea, Retz.
Vedanāhara - Analgesic, Anodyne.
Vedanā-sthāpana - Anodynes.
Vedha 1 - A step of the pharmaceutical process followed for the preparation of medicated oils.
Vedha 2 - Piercing with a sharp and pointed instrument.
Vedhamātra - Quantity of drugs to be used for ***Vedha***, surgery.
Vedhana - Puncturing; piercing.
Vedhana-Karma - Puncturing.
Vedupuṣpa - Chinese-rose.
Vega rodha - suppression of the manifested urges.
Vellita bandhana - Spiral bandage.
Vembaka - Neem or Margosa Tree. Azadirachta Indica.
Vepathu 1- cramp.
Vepathu 2- Trembling.
Veśvāra - Name of a food preparation. Meat free from bones is made to a ***kalka*** and boiled. To this, ***ghṛita***, jaggery and black pepper are added. This also means a condiment used in vegetable preparations. It consists of coriander, cumin etc.
Veṣṭana - Coil bandage.
Vetasa - Salix capria, a medicinal plant.
Vetasa śuga 1 - Roots of cane.
Vetasa śuga 2- Shoot of willow plant.
Vetasapatra śastra - Scalpel with thin edge.
Vetaspatra - Narrow bladed knife.
Vetra - Cane.
Vījapūra - Lemon Citrus Limonum, Sp. Risso.
Vīranam - Cuscus grass. Andropogon Muricatus. Retz. Or A. Squarrosus.
Vīrataru - Dichrostachys cineria, a medicinal plant.
Vīratarvīdi Gaṇa - Group of herbs including ***Vīrataru***, ***Saireyaka*** (***Nīla/Rakta/Pīta***), ***Darbha***, ***Vṛikṣadani***, ***Gundra***, ***Nāla***, ***Kuśa***, ***Kāsa***, ***Paśāṇabheda***, ***Agnimantha***, ***Mūrvā***, ***Rājarka***, ***Apāmārga***, ***Śyonaka***, ***Indīvara***, ***Brāhmī***, and ***Gokṣura***.
Vīravṛikṣa - Mimosa Cinerea or Dichrosytachys cinerea. A tree species.
Vīrya - 1 The potency. Used for indicating the potency of the individual drug, by which it acts. Commonly two types of ***vīrya*** are accepted, ***śita*** (cool) and ***uṣna*** (hot). 2 ***Vīrya*** also indicates the semen.
Vibandha - Putrefied.
Vibandha 1- Binding, restricting, immobilizing.
Vibandha 2 - Constipation.
Vibandha bandha - Many tailed bandage.
Vibhītaka - Beleric myrobalans. Trminalia belerica. Roxb. One of the three famous herbs of ***Tṛiphalā***.
Vibhītakī - Syn. of ***Vibhītaka***.
Vicaraṇa - Consuming fats mixed with foods.
Vicarcikā - Appearance of dark or dark brown coloured vesicles on the skin in the group form with itching and excessive discharge is known as ***Vicarcikā***. Eczema. Pemphigus, rhaegades.
Vicitrah - Aśoka Tree. Saraca Indica, Linn.
Viḍa Lavaṇa - Black salt. Ammonium chloride.

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Viḍāla pādaka- Unit of weight. Approx. 12 gm. Also written as ***Biḍāla padaka***,.

Viḍālikā - Angina or quinsy.

Viḍanga - Embelia ribes, a medicinal plant.

Viḍanga Phala - (A measurement of weight) equal to fruit of ***Viḍanga*** (approximately 120 mg.).

Vidāha - Burning sensation in the chest during the process of digestion.

Vidāhī - Food or drug which causes burning sensation in the cest.

Vidāra Viśvāsāraka - Prickly–pear. Opuntia Dillenii, Haw.

Vidārī - Ipomoea Digitata, Linn. or I. Paniculata. A plant species.

Vidārīgandha - Synonym of ***Śālaparṇī***.

Vidārīgandhādi Gaṇa -Group of herbal species including ***Śālaparṇī, Vidārī, Mahābalā, Nāgabalā, Gokṣura, Prśniparṇī, Sarivā, Kṛiṣṇa Sarivā, Jīvaka, Ṛiśbhaka, Māṣaparṇī, Mudgaparṇī, Bṛihatī, Kanjaki Punarnavā, Eraṇḍa, Hamsapadī, Vrścikāli, Kapikacchū***.

Vidārīka - Name of a disease characterized by round tumour in the axilla and inguinal region.

Vidagdha - (1) A condition of vitiation. (2) Putrefied.

Vidagdha anna rasa - Improperly metabolized chyle.

Vidagdhatva- Over matured or over suppurated.

Viddha- Punctured wound.

Viddhi - Hyderocele andlhernia.

Vidhi-bheda - Classification of varieties.

Vidradhi- Abscess.

Vihāra - Regimens.

Vijayā 1 - Indian hemp, cannabis. Leaves of this plant are used in various preparations. Cannabis Sativa, Linn. or C. Indica.

Vijayā - Indian Hemp. Cannabis Sativa, Linn. or C. Indica.

Vijayāsāra - The plant Pterocarpus marsupium Roxb. Terminelia tomentosa.

Vikāra- Disorder.

Vikāṣī - Drugs which produce looseness of joints.

Vikalpa - Proportion.

Vikañkaṭa - Flacaurtia romontehi.

Vikṣepa - Violent movement of limbs.

Vilāpana- Dissolution of oedema or the accumulated material.

Vilambikā - A type of intestinal disorder characterized by stagnation of food ingested.

Vilepa 2 - Application of drugs in a ***kalka*** form over the body.

Vilepa 3 - Name of a type of fever.

Vilepī 1 - Gruel. Porridge. ***Vilepī*** is prepared with four times of water while ***Peya*** in six times and ***Maṇḍa*** in 14 times of water by weight of the cereal. ***Maṇḍa*** is without ***Siktā*** (cooked cereal or sediment) while Peya is with sediment but very thin and in ***Yavāgū***, it is full of sediments. ***Vilepī*** is very thick, almost semi-liquid.

Viloḍana - Sounding.

Viloma - Alopecia.

Vimala - A kind of ***Svarṇa mākṣika bhasma***. Iron pyrite.

Vimbaja - Cephalandra Indica, Naud. A plant species.

Vimūrcchita - Afflicted.

Vipādikā - Name of a disease - eczema in the soles of feet.

Vipāka– The state of food after the completion of digestion in the intestines. This then goes to nourish the body constituents. ***Vipāka*** is of three kinds. ***Madhura*** (sweet), ***āmla*** (sour) and ***kaṭu*** (spicy) which claim to nourish ***kapha***, ***pitta*** and ***vāta*** respectively.

Viparīta dṛiṣṭi - Name of an eye-disease characterized by appearance of

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distant object as nearer and nearer object at a great distance.

Viparyāstha - Factors having opposite attributes.

Viparyāya - Reverse.

Viprvantam - Trembling.

Virāṭaka - Magnate stone.

Virecana - ***Virecana*** (purgation) Therapy.

Virecana nasya - ***Virecana*** (purgation) Therapy. It is of two kinds, viz. 1. ***Avapida*** - fresh juice or decoction of drugs used 2. ***Dhmana*** - ***mūrdhavirecana*** - fine powder of drugs is used in it.

Virechanopaga - Adjuvant in purgative therapy.

Vireka - Emetic and purgative therapy.

Viruddha - Mutually contradictory.

Viśākhā - One of the 28 constellations.

Viśāla - Bitter gourd. Cucumis Trigonus, Roxb.

Viśāla tvak - Dita Bark. Alstonia Scholaris, R. Br.

Viśiṣṭa- Specific.

Viśvāci - A type of ***vātika*** disease, in which tendons connecting each and every finger with the back of the arm get afflicted by the aggravated ***vāta***. Brachial neuralgia.

Viśvāuṣadha - Ginger.

Viṣṇu–priyā - Holy Basil; Mosquito Plant of South Africa. Ocimum Sanctum, Linn.

Viṣa 1 - Indian aconite. Monkshood. Aconitum Ferox. Wali.

Viṣa 2 - Poison. Food poisoning. Toxic elements.

Viṣa śodhanī - Indigofera Anil, Linn. A plant species.

Viṣaja - Caused by poison.

ViṣaKaṇṭhakini - Momordica dioica, a medicinal plant.

Viṣalya - A herbal species. Synonym of ***Indravāruṇī***, ***Guḍūcī***.

Viṣalyakṛita - Echites Dichotoma, Roxb. A plant species.

Viṣama jvara - A type of fever having irregularity of onset and requiring specific therapies.

Viṣamāgni- Irregularity in digestive power.

Viṣamanḍala - Poison bulb. Crinum Asiaticum, Linn. A plant species.

Viṣamavegī - Remitant.

Viṣamayata - Toximia.

Viṣamuṣṭi - A medicinal plant. Nux–vomica or Strychnine tree.

Viṣaphoṭa - Eruptions.

Viṣatinduka - Strychnos nuxvomica, a medicinal plant.

Viṣavācī - Brachial neuralgia.

Viṣkira - Gallinacious animals including birds.

Viṣliṣṭa- Torn ligaments.

Viṣnukrānti - Convolovulus alsidoides, a medicinal plant.

Viṣphoṭa /ka - Pustular eruptions.

Viṣṭambha - A condition characterized by wind formation in the stomach immobility intestines and lack of digestive power.

Viṣṭambha - A condition characterized by wind formation in the stomac, immobility of intestines and lack of digestive power. Constipation.

Viṣṭambhī - Food which causes constipation.

Viṣṭindu - Nux–vomica or Strychnine tree; Poison–nut Quaker Button.

Viṣūci /ka - Choleric diarrhoea. Gastroenteritis.

Visarpa - Acute spreading suppurations. A skin-disease-erysipelas.

Visphoṭa /ka - Chicken-pox or pustular eruptions.

Visrāvaṇa - 1 Drainage. 2 A plant species.

Viṭa Khadirā - Syn. of ***Aṛimeda***.

Viṭāna - Canopy like.

Viṭāna-bandha - Capheline bandage.

Viṭaja - Parasites produced in the stool.

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Vita Khadirā - The plant Acacia farnesiana Willd.

Vivartīta- Twisted.

Vivṛita - Name of a disease; an eruption having an opening and serious type of burning sensation.

Vṛīhī - Rice (husked seed); Paddy (unhusked). Oryza Sativa, Linn.

Vṛīhīmukha - Trocar and canula.

Vṛiddhadāraka - Argyria speciosa. Root, stem and seeds of this plant are used in various formulas.

Vṛiddhadāraka - Elephant creeper. Argyreia speciosa, a medicinal plant.

Vṛiddhakarṇikā - (long eared) Velvet–leaf. Cissampelos Pareira, Linn.

Vṛiddhi 1 - Growth or aggravation.

Vṛiddhi 2- Hydrocele and hernia.

Vṛiddhipatra - Dissecting knife.

Vṛiddhipatra śastra - Scalpel.

Vṛidhi - Habenaria intermedia Don. A disease.

Vṛihat puṣpī - Crontalria Angulosa.

Vṛihatī - Indian Night shade. Solanum Indicum, Linn.

Vṛikaśāpa - Pinus Deodara; Himlayan cender.

Vṛikka - Kidney.

Vṛikka Śūla - Renal Colic. Colic resulting from gravel in urethra, ureter, bladder and kidney accompanied by scanty painful urination with blood may be known as ***Vṛikka Śūla***.

Vṛikka-vidradhi - Per nephritic abscess.

Vṛikṣāmala - Garcinia indica, a medicinal plant.

Vṛikṣāmala or ***Viṣāmbila*** - ***Tintidaka***. The Kokam Butter tree.

Vṛikṣaka (white variety of ***kuṭaja*** tree).

Vṛinda - Name of a throat disease characterized by an elevated and circular swelling in the locality.

Vṛintāka - Brinjal. Aubergine.

Vṛiśan kanḍu - Name of a disease characterized by itcing over testicular skin.

Vṛiśapatraka - ***Vāsa***, a medicinal plant.

Vṛiścika Viṣa - Scorpion sting poison.

Vṛiścikāli - Pergularia extansa, a medicinal plant.

Vṛiśna Vṛiddhi - Inflammation and enlargement of the scrotum, orchitis Scrotal swelling.

Vṛiṣa Sinhamukhi - Malabar nut. Adhatoda Vasika, Nees. Or Adenanthera Vasika.

Vṛiṣaka - See ***Vāsa***, a medicinal plant.

Vṛiṣana- Testicle.

Vṛiṣana-Kachchu - Eczema of scrotum. Due to the non-cleanliness and wetness of scrotum, itching occurs which may lead to formation of pimples with discharge.

Vṛiṣanakṣepa - Cryptoorchitis.

Vṛiṣya– The drugs that improve the sexual vigour (see. ***vājikaraṇa***).

Vraṇa - Chancre. Ulcers.

Vraṇa śukra –See ***Savraṇa śukra***.

Vraṇa yañtra - Syringe and irrigator.

Vraṇa-bandhana - Dressing.

Vraṇa-Śotha - Inflammation.

Vraṇaśodhakārī - Neem or Margosa Tree. Azadirachta Indica.

Vradhana - Permanent swellings.

Vyādhī - Diseases.

Vyādhī Samkara - Mixture of diseases.

Vyādhī Viparīta - Factors having attributes opposite to the diseases.

Vyāghranakha - Helix ashera, a medicinal plant.

Vyāghrapadi - Flacortia ramonchia, a medicinal plant.

Vyāghreraṇḍa - The plant Jatropha curcas.

Vyāghrī - See ***Kañṭakārī***, a medicinal plant.

Vyāhna - Haranguing together, arranging, assembling.

Vyāla - Wild animals.

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Vyāma - Units of linear measurements. Measure of two extended arms.

Vyāna vāta - One of the five types of ***vāta***. It is located in the heart and moves all over the body.

Vyāyāma- Physical exhertion or exercise.

Vyadhana - Puncturing.

Vyakta - Manifested.

Vyakta rūpa - Manifested signs and symptoms.

Vyanga - One of the minor skin diseases characterized by hyper-pigmentation.

Vyañjana 1 - Delicious vegetable preparations.

Vyañjana 2 - Syn. of signs and symptoms of a disease.

Vyavrtana - Rotating.

Vyayādya - Drugs which circulate in the channels of the body first and then get digested.

Vyomāśma - Type of jade.

Vyoṣa- See ***Tṛikaṭu***.

Yāma 1 - (A unit of time) - 3 hours.

Yāpya - Pallibale disease - suppressible but not curable.

Yagyas - Fire-rituals.

Yakṛiddalyudara - Enlargement of liver (***Yakṛit***).

Yakṛit - Liver.

Yakṛit-vidradhi - Liver abscess.

Yakṣa - Name of a class of semi-divine beings.

Yakṣmā - Tuberculosis.

Yakṣonmāda - Insanity caused by the seizure of ***Yakṣa***.

Yama 2 - Name of the god who presides over the pitrs and rules the spirits of dead. The god of death.

Yamānī - Bishop's weed. Ajawa Seeds. Ptycotis Ajowan.

Yamaka - Twin, double.

Yamala hikkā - A type of hiccup in which attacks take place in two bouts.

Yañtra 1 - Instrument.

Yañtra 2 - A mystical diagram possessing occult power.

Yañtra Karma - Function/ uses of blunt instruments.

Yañtras and ***Anuyañtras*** - Blunt surgical instruments and accessories.

Yaśadā - Zinc.

Yaśadā Puṣpa - Zinc oxide.

Yaṣṭimadhu - Sweetwood. Liquorice. Glycyrrhiza glabra, a medicinal plant.

Yaṣti - Glycerrhiza glabra. Also called ***Yaṣṭimadhu***.

Yava 1 - Barley. Hordeum Vulgare, Linn.

Yava 2 - 30 mg. approximately (A unit of measurement.).

Yava 3 - Thickness of a barley grain.

Yava Prakhya - Name of a minor skin-disease characterized by hard and knotty eruptions like barley grains.

Yava Vaktra - A needle having sharp cutting edge.

Yavāgū - Thick gruel. See ***Vilepī***.

Yavānī - Trachyspermum ammi Linn. A plant species.

Yavāsā - Alhagi camelorum. A medicinal plant.

Yavakṣāra - Lixiviated ash of Hordeum vulgare Linn. Impure carbonate of potash. Saltpeter.

Yavakūṭa - Coarsely powdered.

Yavana parpaṭa - Common fumitory. Fumaria Offcinalis, Linn. A plant species.

Yavanala - Maize. Indian Corn. Zea Mays, linn.

Yavanikā - Bishop's weed. Lovage. Ajawa Seeds. Ptycotis Ajowan.

Yavatikta - Androgravis paniculata. ***Kalamegha***. A plant species.

Yogavāhi– A substance which enhances the effect of other drugs when used along with without loosing its own properties (eg. ***pārada***, ***ghṛita***, ***madhu*** etc.).

Yojana - Unit of measuring distance equivalent to four ***krośas*** or eight miles.

Yoni - Female genital organ.

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Yoni Bharmśa - Prolapse of the uterus.

Yoni dāha - Burning sensation and puritis of the vulva.

Yoni kanḍu - Dryness and itching of vagina.

Yoni Mārga - Vaginal douche.

Yoni Pradoṣ - Infection in the female genital-organs.

Yoni Roga - Diseases of the reproductive organs.

Yoni Vīkṣana Yañtra - Vaginal speculum.

Yoni Viśodhana - Cleansing of female genital organ.

Yonisamvarana - Stenosis.

Yukti vyāpāśraya cikitsa - Treatment based on rationality.

Yuvana Pīḍaka - Pimples the face which appears during the adolescence period.

Yūka - Louse.

Yūṣa 1 - Soup. To prepare ***Yūṣa***, take 12 or 24 or 48 grams of the drug, depending upon its ***Tīkṣṇa***, ***Madhya*** and ***Midu Vīrya*** respectively and add to it 48 to 96 grams of ***Dvidala*** or ***Mudga***. Cook with 750 ml. of water and reduce it to half or quarter volume and strain.

Yūṣa 2 - Vegetable soup.

Yūthikā (***Jūhi***) - Jasminum auriculatum. Leaves and flowers of this plant are medicinally used.

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Divide into 106 chapters, each dealing with separated disease and indispositions, *Bhaiṣajya Ratnāvalī* (composed in 19th century A.D. by Shri Govinda Dasji) has been the most popular collection among the practitioners as well as the manufacturers of Ayurvedic medicine across India and neighbouring countries.

The work, rightly named as *Bhaiṣajaya Ratnāvalī* i.e. Gem of the Medicinal Formulae has stressed including the use of mercury and sulphur (the *pārada* and *gandhaka)* as well as other ingredients which were either unavailable or which remained largely unused by the authorities of Ayurveda like Charaka, Suśruta and Vāgbhaṭṭa. Thus, the *Bhaiṣajya Ratnāvalī* updates the entire gamut of Ayurvedic recipes immediately before the impact of the West on Indian medical system.

The author of *Bhaiṣajya Rātnāvalī* really did a great service to collate the countless medical prescriptions in use, and thus saved them for posterity. He wrote in Sanskrit considering the practical as well as sociological significance of the language. The work should have been translated into English much earlier. Nonetheless, it is a matter of pleasure that the English version of this great work is finally made available to the readers.

Considering its wide popularity and immense utility, physician Shri Brahma Shankar Mishra revised the work. Similarly, Shri Ambikadatta Shastri published a commentary of this work in the year 1956. This commentary served the readers greatly as it detailed the parts and amounts of the herbs involved in various formulae recorded. The present work is translated version of the revised work. The commentator also suggested, at places, the doses of various recipes to be taken by the patient. It may be noted that Shri Govinda Das Ji considered the young physicians and practitioners as its potential readers. The commentary of Shri Brahmashankar Mishra helped even a non-professional to take benefit from the great work. This translation has been prepared with a view to extend the reach of *Bhaiṣajya Ratnāvalī* to the professionals as well as the lay readers, the practitioners as well as the patients.

The present translator and the reviewer have stressed to include the original native terms frequently. Thus, the point of view of original writer have been retained free from the bias of the translator. To clarify their meanings, a glossary of Ayurvedic terms and references has been appended at the end of the Volume III of the work. If a few terms have escaped this list the kind readers could refer to our *Dictionary of Ayurveda.*

Dr. Kanjiv Lochan has over 15 years of experience of research in Ayurvedic literature. His earlier works included *Medicines of Early India.* He has obtained a Ph.D. from Jawaharlal Nehru University on History of Ayurveda related Sciences.

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